

VAN HALL THOMAS A
Form 4
February 08, 2006

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
VAN HALL THOMAS A

(Last) (First) (Middle)

C/O 850 - 76TH STREET SW

(Street)

GRAND RAPIDS, MI 49518

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
SPARTAN STORES INC [SPTN]

3. Date of Earliest Transaction
(Month/Day/Year)
02/06/2006

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Vice President of Finance

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
____ Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V Amount (A) or (D) Price			
Common Stock	02/06/2006		M	12,500 A \$ 2.29	59,831	D	
Common Stock	02/06/2006		M	781 A \$ 3.25	60,612	D	
Common Stock	02/06/2006		F	6,358 D \$ 11.605	54,254	D	
Common Stock					491,231	I	By 401(k)
Common Stock					10,000	I	By Wife's Trust

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Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Stock Option (Right to Buy)	\$ 2.29	02/06/2006		M	12,500	05/07/2004 05/06/2013	Common Stock 12,500
Stock Option (Right to Buy)	\$ 2.29					05/07/2005 05/06/2013	Common Stock 12,500
Stock Option (Right to Buy)	\$ 2.29					05/07/2006 05/06/2013	Common Stock 12,500
Stock Option (Right to Buy)	\$ 2.29					05/07/2007 05/06/2013	Common Stock 12,500
Stock Option (Right to Buy)	\$ 3.25	02/06/2006		M	781	05/12/2005 05/11/2014	Common Stock 1,562
Stock Option (Right to Buy)	\$ 3.25					05/12/2006 05/11/2014	Common Stock 1,562
Stock Option (Right to Buy)	\$ 3.25					05/12/2007 05/11/2014	Common Stock 1,563

Stock Option (Right to Buy)	\$ 3.25	05/12/2008	05/11/2014	Common Stock	1,563
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Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
VAN HALL THOMAS A C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518			Vice President of Finance	

Signatures

/s/ Alex J. DeYonker, by power of attorney

02/08/2006

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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