

NICKELS ELIZABETH A
 Form 4
 May 19, 2009

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 *
 NICKELS ELIZABETH 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)
 05/15/2009

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)

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 Ownership (Instr. 4)
Common Stock ⁽¹⁾	05/15/2009		A	2,406 A	\$ 0 19,258.06	D	

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

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SEC 1474 (9-02)

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

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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)	8.			
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

Stock Option (Right to Buy) ⁽²⁾	\$ 13.87	05/15/2009		A	1,558	05/01/2010	05/15/2019	Common Stock	1,558
Stock Option (Right to Buy) ⁽²⁾	\$ 13.87	05/15/2009		A	1,559	05/01/2011	05/15/2019	Common Stock	1,559
Stock Option (Right to Buy) ⁽²⁾	\$ 13.87	05/15/2009		A	1,559	05/01/2012	05/15/2019	Common Stock	1,559

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
NICKELS ELIZABETH A C/O 850 - 76TH STREET SW GRAND RAPIDS, MI 49518				X

Signatures

/s/ Daniel C. Persinger, By Power of Attorney
05/19/2009

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).

(1) Reports the grant of 2,406 shares of restricted stock under the Spartan Stores, Inc. Stock Incentive Plan of 2005 ("Plan"). The shares will vest at the rate of one-third per year beginning on May 1, 2010 and will be fully vested on May 1, 2012. Prior to vesting, the shares remain subject to restrictions in accordance with the Plan and the terms of the grant.

(2) Reports the grant of options to purchase 4,676 shares of common stock under the Plan. The options vest at the rate of one-third per year beginning on May 1, 2010 and will be fully vested and exercisable on May 1, 2012. Prior to vesting, the options remain subject to restrictions in accordance with the Plan and the terms of the grant.

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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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