### Edgar Filing: PIPPINS DAKOTA A - Form 4

PIPPINS DA	AKOTA A										
Form 4	011										
March 04, 2									OMB AF	PROVAL	
	CINILD	STATES			AND EX( , D.C. 20		NGE CO	OMMISSION	OMB Number:	3235-0287	
Check th if no lon	aer								Expires:	January 31, 2005	
subject to Section 1 Form 4 c	IENT O	NT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES						Estimated average burden hours per response 0			
Form 5 obligatio may con <i>See</i> Instr 1(b).	tinue. Section 17(	a) of the	Public U	tility Ho		npany	y Act of 1	Act of 1934, 1935 or Section	l		
(Print or Type	Responses)										
PIPPINS DAKOTA A Syn			Symbol	2. Issuer Name <b>and</b> Ticker or Trading ymbol IORMEL FOODS CORP /DE/				5. Relationship of Reporting Person(s) to Issuer			
		[HRL]					(Check all applicable)				
(Last) 1 HORMEI	(Month/E			of Earliest Transaction Day/Year) 2011				X_ Director10% Owner Officer (give titleOther (specify below)			
THORWILL								6. Individual or Joint/Group Filing(Check			
	(Street)			endment, D nth/Day/Yea	ate Origina ar)	1	1	Applicable Line) _X_ Form filed by O	ne Reporting Per	son	
AUSTIN, N	/IN 55912						Ī	Form filed by Me Person	ore than One Rej	porting	
(City)	(State)	(Zip)	Tab	le I - Non-	Derivative	Secur	ities Acqu	ired, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if any (Month/Day/Year)		3. 4. Securities Acquired (A Transactionor Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or			(D)	Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code V	Amount	(D)	Price	(Instr. 3 and 4)			
Common Stock	03/02/2011			М	8,000	А	\$ 12.995	37,500	D		
Common Stock	03/02/2011			М	8,000	А	\$ 11.255	45,500	D		
Common Stock	03/02/2011			S	12,927	D	\$ 27.689	32,573	D		
Common Stock	03/02/2011			F	3,073	D	\$ 27.07	29,500 <u>(1)</u> <u>(2)</u>	D		

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

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Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02) required to respond unless the form displays a currently valid OMB control number.

#### 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. Transactic Code (Instr. 8)	5. Number prof 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 E S (1
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options (Right to Buy)	\$ 12.955	03/02/2011		M <u>(3)</u>	8,000	08/01/2002	02/01/2012	Common Stock	8,000	4
Stock Options (Right to Buy)	\$ 11.255	03/02/2011		M <u>(3)</u>	8,000	08/03/2003	02/03/2013	Common Stock	8,000	4

# **Reporting Owners**

Reporting Owner Name / Address	Relationships						
L G	Director	10% Owner	Officer	Other			
PIPPINS DAKOTA A 1 HORMEL PLACE AUSTIN, MN 55912	Х						
Signatures							
Dakota A. Pippins, by Power of Attorney	of 03/04/2011						
*****							

\*\*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) Of the shares being reported, 24,500 shares are subject to certain restrictions (including possible forfeiture) applicable to restricted stock grants under the 2000 Stock Incentive Plan, the 2009 Long-Term Incentive Plan, and the Restricted Stock Award Agreements. Reporting

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Person also holds 5,051 phantom shares in his deferred stock account.

(2) All share amounts reflect the stock split effective February 1, 2011.

(3) Reporting Person has exercised Stock Withholding Rights in connection with this option exercise, as reflected on Table I.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.