

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person* <u>Katz David Martin</u>  (Last) (First) (Middle) 68 JONSPIN ROAD  (Street) WILMINGTON MA 01887  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>UNIFIRST CORP [ UNF ]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Senior VP Sales and Marketing</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>02/15/2019</u>	

**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	02/15/2019		M		5,334	A	\$102.9	7,609	D	
Common Stock	02/15/2019		D		4,434	D	\$147.72	3,175	D	
Common Stock	02/19/2019		M		2,666	A	\$102.9	5,841	D	
Common Stock	02/19/2019		D		2,240	D	\$147.56	3,601	D	
Common Stock	02/25/2019		S		1,326 <sup>(1)</sup>	D	\$148	2,275 <sup>(2)</sup>	D	

**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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					
Stock Appreciation Right	\$102.9	02/15/2019		M			5,334	10/28/2018	10/29/2023	Common Stock (\$0.10 par value)	\$0	2,666	D	
Stock Appreciation Right	\$102.9	02/19/2019		M			2,666	10/28/2018	10/29/2023	Common Stock (\$0.10 par value)	\$0	0	D	

**Explanation of Responses:**

- Represents shares sold pursuant to a Rule 10b5-1 sales plan.
- Consists of 1,044 restricted stock units that vest 100% on December 20, 2022 and 1,231 restricted stock units that vest 100% on October 22, 2023.

**Remarks:**

/s/ David Whitman, Attorney-in-Fact      02/25/2019

\*\* Signature of Reporting Person      Date

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

\* 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.