

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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

1. Name and Address of Reporting Person <u>Sintros Steven S</u> (Last) (First) (Middle) C/O UNIFIRST CORP 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) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) President and CEO
	3. Date of Earliest Transaction (Month/Day/Year) 11/27/2022	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> 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 Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	11/27/2022		F		380 ⁽¹⁾	D	\$192.06	18,980	D	
Common Stock	11/28/2022		A		3,937 ⁽²⁾	A	\$0.00	22,917 ⁽³⁾	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						Title
Stock Appreciation Right ⁽⁴⁾	\$190.53	11/28/2022		A		5,588		(4)	11/28/2032	Common Stock (\$0.10 par value)	5,588	\$0.00	5,588	D	

Explanation of Responses:

- Represents shares of Common Stock withheld by UniFirst Corporation to satisfy certain tax withholding obligations in connection with the vesting of certain restricted stock units.
- Represents restricted stock units granted under the UniFirst Corporation Amended and Restated 2010 Stock Option and Incentive Plan (the "2010 Plan"). Such restricted stock units vest in five equal annual installments on October 31, 2023, October 31, 2024, October 31, 2025, October 31, 2026 and October 31, 2027.
- Consists of (i) 11,208 shares of Common Stock owned by the reporting person, (ii) 856 restricted stock units that will vest in one remaining annual installment on November 27, 2023, (iii) 605 restricted stock units that will vest on December 14, 2022, (iv) 1,392 restricted stock units that will vest in two remaining equal annual installments on October 29, 2023 and October 29, 2024, (v) 1,934 restricted stock units that will vest in three remaining equal annual installments on November 19, 2023, November 19, 2024 and November 19, 2025, (vi) 2,985 restricted stock units that vest in four remaining equal annual installments on October 31, 2023, October 31, 2024, October 31, 2025 and October 31, 2026 and (vii) 3,937 restricted stock units that vest in five equal annual installments on October 31, 2023, October 31, 2024, October 31, 2025, October 31, 2026 and October 31, 2027.
- This stock appreciation right, which was granted under the 2010 Plan, becomes vested and exercisable in five equal annual installments on October 31, 2023, October 31, 2024, October 31, 2025, October 31, 2026 and October 31, 2027. This stock appreciation right is required to be settled in stock at the time of exercise.

Remarks:

/s/ Steven S. Sintros 11/30/2022
 ** 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.