

Javid Parker K
 Form 3
 August 02, 2018

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â Javid Parker K		(Month/Day/Year)	LANDEC CORP \CA\ [LNDC]	
(Last)	(First)	(Middle)	07/25/2018	
C/O LANDEC CORPORATION,Â 5201 GREAT AMERICA PARKWAY, SUITE 232			4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
(Street)			(Check all applicable)	
SANTA CLARA,Â CAÂ 95054			<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner	6. Individual or Joint/Group Filing(Check Applicable Line)
(City)	(State)	(Zip)	<input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other	<input checked="" type="checkbox"/> Form filed by One Reporting Person
			(give title below) (specify below)	<input type="checkbox"/> Form filed by More than One Reporting Person
			Vice President	

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
No Security beneficially owned	0	D	Â

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

SEC 1473 (7-02)

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

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security	4. Conversion or Exercise	5. Ownership Form of	6. Nature of Indirect Beneficial Ownership
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	Date Exercisable	Expiration Date	(Instr. 4) Title	Amount or Number of Shares	Price of Derivative Security	Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	(Instr. 5)
Incentive Stock Option (Right to Buy)	Â (5)	07/25/2025	Common Stock	5,482	\$ 14.35	D	Â
Nonqualified Stock Options (Right to Buy)	Â (5)	07/25/2025	Common Stock	5,768	\$ 14.35	D	Â
Restricted Stock Units (Right to Buy)	Â (2)	07/25/2021	Common Stock	3,750	\$ (1)	D	Â
Restricted Stock Units (Right to Buy)	Â (2)	05/25/2019	Common Stock	10,000	\$ (1)	D	Â
Nonqualified Stock Options (Right to Buy)	Â (3)	05/25/2023	Common Stock	8,208	\$ 11.36	D	Â
Incentive Stock Option (Right to Buy)	Â (3)	05/25/2023	Common Stock	21,792	\$ 11.36	D	Â
Restricted Stock Units (Right to Buy)	Â (2)	10/19/2020	Common Stock	5,000	\$ (1)	D	Â
Nonqualified Stock Options (Right to Buy)	Â (4)	10/19/2024	Common Stock	6,688	\$ 12.65	D	Â
Incentive Stock Option (Right to Buy)	Â (4)	10/19/2024	Common Stock	8,312	\$ 12.65	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Javid Parker K C/O LANDEC CORPORATION 5201 GREAT AMERICA PARKWAY, SUITE 232 SANTA CLARA, CA 95054	Â	Â	Â Vice President	Â

Signatures

/s/ Shelley A Hilt 08/01/2018

**Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 5(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) The Restricted Stock Units convert into Common Stock of Landec Corporation on a 1 for 1 basis.

(2)

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Restricted Stock Units will vest on the 3rd anniversary of the grant date and will be automatically settled in shares of common stock subject to vesting at a rate of 1 share per unit.

- (3) The options vest as to (a) 33% for first year beginning on May 25, 2017 and then (b) the remaining in 1/36 monthly installments over the following 24 months, subject to continued service through each vesting date.
- (4) The options vest as to 1/36 of the total shares monthly, beginning on November 19, 2017, subject to continued service through each vesting date.
- (5) The options vest as to 1/36 of the total shares monthly, beginning on August 25, 2018, subject to continued service through each vesting date.

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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