#### STIRITZ WILLIAM P

Form 4

February 08, 2019

# FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

**OMB APPROVAL** OMB 3235-0287

Number:

January 31,

2005

0.5

Expires:

5. Relationship of Reporting Person(s) to

Issuer

Estimated average burden hours per response...

subject to Section 16. Form 4 or Form 5 obligations may continue.

See Instruction

Check this box

if no longer

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

2. Issuer Name and Ticker or Trading

Post Holdings, Inc. [POST]

Symbol

1(b).

Stock

(Print or Type Responses)

STIRITZ WILLIAM P

1. Name and Address of Reporting Person \*

			Post Holdings, Inc. [POST]				(Check all applicable)				
(Last) (First) (Middle)  C/O POST HOLDINGS, INC., 2503 S. HANLEY ROAD			02/06/2019				_	X Director Officer (give tit	10%	Owner (specify	
	(Street)		4. If An	nendment,	Date Origina	1	6.	Individual or Join	t/Group Filing	g(Check	
ST. LOUIS, MO 63144								pplicable Line)  X_Form filed by One Reporting Person  _Form filed by More than One Reporting erson			
(City)	(State)	(Zip)	Tal	ble I - Non	-Derivative	Secur	ities Acquir	ed, Disposed of, o	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deem Execution any (Month/Da	Date, if	3. Transacti Code (Instr. 8)	orDisposed of (Instr. 3, 4	of (D)	Price	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)	
Common Stock	02/06/2019			P	869	A	\$ 95.1565 (1)	250,942	I	By Spouse	
Common Stock	02/06/2019			P	133,190	A	\$ 96.7193	384,132	I	By Spouse	
Common Stock								2,659,862	D		
Common								169,369	I	By Trust	

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

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 control number.

SEC 1474 (9-02)

> 9. Nu Deriv Secur Bene Own Follo Repo Trans

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

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	isable and	7. Titl	e and	8. Price of	9
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	orNumber	Expiration Da	ate	Amou	int of	Derivative	J
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security	,
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securi	ities	(Instr. 5)	]
	Derivative				Securities			(Instr.	3 and 4)		(
	Security				Acquired						]
					(A) or						J
					Disposed						-
					of (D)						(
					(Instr. 3,						
					4, and 5)						
									Amount		
						Date	Expiration	m: 1	or		
						Exercisable	ole Date		Number		
				G 1 17	(A) (B)				of		
				Code V	(A) (D)				Shares		

# **Reporting Owners**

D	Relationships
Reporting Owner Name / Address	

Director 10% Owner Officer Other

STIRITZ WILLIAM P C/O POST HOLDINGS, INC. 2503 S. HANLEY ROAD ST. LOUIS, MO 63144

X

## **Signatures**

/s/ Diedre J. Gray, Attorney-in-Fact 02/08/2019

\*\*Signature of Reporting Person Da

# **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).
- The reported price in Column 4 is a weighted average price. These shares were purchased in multiple transactions at prices ranging from \$95.09 to \$95.29 per share. The reporting person undertakes to provide to the issuer, any security holder of the issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares purchased at each separate price within the range set forth in this footnote.
- The reported price in Column 4 is a weighted average price. These shares were purchased in multiple transactions at prices ranging from \$96.23 to \$97.10 per share. The reporting person undertakes to provide to the issuer, any security holder of the issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares purchased at each separate price within the range set forth in this footnote.

Reporting Owners 2

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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. 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.