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HYNES M Form 4	ARY ANN										
November	14, 2012										
FORM	\mathbf{M} 4 UNITED	STATES	SECU	RITIE	ES /	AND EXC	'HAN	IGE (OMMISSION		PROVAL
Washington, D.C. 20549						OMB Number:	3235-0287				
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. Check this box if no longer STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1935 Section 17(a) of the Public Utility Holding Company Act of 1935 or Se						e Act of 1934, 1935 or Section	Anuary 3 Expires: 200 Estimated average burden hours per response 0				
<i>See</i> Inst 1(b).	truction	30(n)	of the I	nvestn	nen	t Company	Act	of 194	÷U		
(Print or Type	Responses)										
	Address of Reporting IARY ANN	g Person <u>*</u>	2. Issu Symbol Ingred			d Ticker or 7	Frading	;	5. Relationship of I Issuer		
(Last)	(First)	(Middle)	3. Date	of Earlie	est T	Fransaction			(Check	all applicable)	1
5 WESTB	ROOK CORPOR	ATE	(Month/ 11/12/2	-	ar)				Director X_ Officer (give below) Sr. VP, Cour		Owner r (specify c CCO
WESTCH	(Street) ESTER, IL 60154		4. If Am Filed(M			Date Original ar)			6. Individual or Joi Applicable Line) _X_ Form filed by O Form filed by M Person	ne Reporting Per	son
(City)	(State)	(Zip)	Tal	ble I - N	on-	Derivative S	ecurit	ies Acq	uired, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemo Execution any (Month/Da	ed Date, if	3.	ictio 8)	4. Securities for Disposed (Instr. 3, 4 a Amount	Acqui of (D)	red (A)	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	11/12/2012			Ι		8,209.243		\$ 62.9	0	Ι	By 401 (k) Plan
Common Stock									22,333.3489	D	
Common Stock									2,000	I	Fidelity Rollover IRA
Common Stock									$\begin{array}{c} 14,998.4918 \\ \underline{(2)} \ \underline{(3)} \end{array}$	Ι	Phantom Stock

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

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)

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				4, and 5)						
								Amount		
					Date	Expiration	T1 1	or		
					Exercisable	Date	Title			
			Code V	(A) (D)						
		Conversion (Month/Day/Year) or Exercise Price of Derivative	or Exercise any Price of (Month/Day/Year) Derivative	Conversion (Month/Day/Year) Execution Date, if Transaction or Exercise any Code Price of (Month/Day/Year) (Instr. 8) Derivative Security	Conversion (Month/Day/Year) Execution Date, if any Code of Code of Month/Day/Year) (Month/Day/Year) (Instr. 8) Derivative Security Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Conversion or Exercise Price of Derivative Security (Month/Day/Year) Execution Date, if any Code of (Month/Day/Year) (Instr. 8) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) Date Exercisable	Conversion or Exercise Price of Derivative Security (Month/Day/Year) Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Instr. 8) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) Date Expiration Date of (D) Exercisable Date (Month/Day/Year) (Date Expiration Date of (D)	Conversion or Exercise Price of Derivative Security(Month/Day/Year)Execution Date, if any (Month/Day/Year)Transaction Number Code of (Instr. 8)Expiration Date (Month/Day/Year)Amou Under Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)Date Expiration DateAmou Under Securities Acquired (Instr. 3) A, and 5)	Conversion or Exercise Price of Derivative Security(Month/Day/Year)Execution Date, if any (Month/Day/Year)TransactionNumber Code ofExpiration Date (Month/Day/Year)Amount of Underlying Securities (Instr. 8)Derivative Security(Month/Day/Year)Derivative Securities (A) or Disposed of (D) (Instr. 3, 4, and 5)Securities Securities SecuritiesInstrument of (Month/Day/Year)Instrument of Underlying Securities (Instr. 8)Derivative SecuritySecurities (Instr. 8)Securities (Instr. 3, 4, and 5)Instrument of (Month/Day/Year)Instrument of Underlying Securities (Instr. 3, 4, and 5)DateExpiration Date (Instr. 3) DateExpiration Date (Instr. 3) DateAmount Or Number of	Conversion or Exercise Price of Derivative Security(Month/Day/Year)Execution Date, if any (Month/Day/Year)TransactionNumber of of (Instr. 8)Expiration Date (Month/Day/Year)Amourt of Udd="Jumber">Jumber Securities (Month/Day/Year)Derivative Securities (Instr. 8)Amourt of Udd="Jumber">Jumber Securities (Instr. 8)Derivative Securities Securities (A) or Disposed of (D) (Instr. 3, 4, and 5)Amourt of Securities (Instr. 3)Derivative Securities (Instr. 5)Derivative Securities (Instr. 5)Amourt of Securities (Instr. 5)Derivative Securities (Instr. 5)Derivative Securities (Instr. 5)Derivative Securities (Instr. 5)Derivative Securities (Instr. 5)Amourt of Securities (Instr. 5)Derivative Securities (Instr. 5)Derivative Securities (Instr. 5)Amourt of Securities (Instr. 5)Derivative Securities (Instr. 5)Derivative Securities (Instr. 5)Amourt of Securities (Instr. 5)Derivative Securities (Instr. 6)Derivative Securities (Instr. 6)Derivative Securities (Instr. 6)Derivative Securities (Instr. 6)

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
HYNES MARY ANN 5 WESTBROOK CORPORATE CENTER WESTCHESTER, IL 60154			Sr. VP, Counsel to Chrm. & CCO				

Signatures

Mary Ann Hynes	11/14/2012				
<u>**</u> Signature of	Date				

Reporting Person

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) Includes restricted stock units acquired through deemed dividend reinvestment.
- (2) Each phantom stock unit represents the right to receive one share of common stock.
- (3) Includes phantom stock units acquired through deemed dividend reinvestment.

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.