## Edgar Filing: Young Timothy P - Form 4

Check this box       if no longer         subject to       Section 16.    SECURITIES Number:          Number:       January 31, 2005         Expires:       2005         Estimated average       burden hours per									3235-0287 January 31, 2005 Iverage		
(Print or Type	Responses)										
Young Timothy P Sym				2. Issuer Name <b>and</b> Ticker or Trading Symbol FreeHouse Foods, Inc. [THS]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Month			(Month/D	Date of Earliest Transaction onth/Day/Year) /27/2010				Director 10% Owner X Officer (give title Other (specify below) below) VP-Controller			
				nth/Day/Year)				<ul> <li>6. Individual or Joint/Group Filing(Check</li> <li>Applicable Line)</li> <li>_X_ Form filed by One Reporting Person</li> <li> Form filed by More than One Reporting</li> <li>Person</li> </ul>			
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or			d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common				Code V	Amount	(D)	Price	(Instr. 3 and 4)			
Common Stock	06/27/2010			F <u>(1)</u>	246	D	\$ 46.41	4,920	D		
Common Stock	06/28/2010			S <u>(2)</u>	587	D	\$ 46.76	4,333	D		
Common Stock	06/29/2010			M <u>(3)</u>	809	А	\$0	5,142	D		
Common Stock	06/29/2010			F <u>(1)</u>	239	D	\$ 45.72	4,903	D		

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

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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)

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. Transacti Code (Instr. 8)	ransactionDerivative ode Securities		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. De Se (In
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Restricted Stock Unit	<u>(4)</u>	06/28/2010		А	1,460		(5)	(5)	Common Stock	1,460	
Restricted Stock Unit	<u>(4)</u>	06/29/2010		M <u>(3)</u>		809	(5)	(5)	Common Stock	809	

# **Reporting Owners**

<b>Reporting Owner Name / Address</b>		Relationships						
	Director	10% Owner	Officer	Other				
Young Timothy P TWO WESTBROOK CORPORATE CENT SUITE 1070 WESTCHESTER, IL 60154	ER		VP-Controller					
Signatures								
/s/Thomas E. O'Neill, as attorney-in-fact	06/29/2010							
**Signature of Reporting Person	Date							

# **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) Shares withheld to satisfy minimum tax withholding obligations.
- These shares were sold pursuant to a previously established 10b5-1 plan primarily for the purpose of covering additional tax obligations (2) due to the lapsing of restrictions on restricted stock and restricted stock unit awards.
- (3) Settlement of restricted stock units into shares of common stock.
- Each restricted stock unit represents a contingent right to receive one share of common stock of TreeHouse Foods, Inc. (4)

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(5) The restricted stock units vest and settle in stock or cash in three approximately equal installments on each of the first three anniversaries of the grant date.

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.