FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

| Washington, | D.C. 20549 |
|-------------|------------|
|-------------|------------|

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

|  | OMB APPROVAL                                      |     |  |  |  |  |  |  |  |  |  |  |
|--|---|-----|--|--|--|--|--|--|--|--|--|--|
|  | OMB Number: 3235-0287<br>Estimated average burden |     |  |  |  |  |  |  |  |  |  |  |
|  |   |     |  |  |  |  |  |  |  |  |  |  |
|  | hours per response                                | 0.5 |  |  |  |  |  |  |  |  |  |  |

|   | tion 1(b).  | ide. dee                                   |                 | Filed   | d pursua<br>or Se   | ant to Section 3                        | Section<br>30(h) o | n 16(a)<br>of the I                                     | of the S   | Securitent Co  | ties Exchang<br>mpany Act o | e Act of<br>f 1940   | 1934                                   |   | nours                                 | s per re                             | esponse:   | 0.5  |
|---|---|--|-----------------|---|---|---|--------------------|---|--|--|-----------------------------|--|--|---|---------------------------------------|--------------------------------------|--|--|
| Name and Address of Reporting Person*     O'Connor Shane  |   |  |                 |   | 2. Issuer Name and Ticker or Trading Symbol UNIFIRST CORP [ UNF ] |   |                    |   |  |  |                             |  |  | Check all a   | hip of Reporti<br>pplicable)<br>ector |                                      | 10% Ov   | wner   |
| (Last) (First) (Middle) C/O UNIFIRST CORP 68 JONSPIN ROAD   |   |  |                 |   | 3. Date of Earliest Transaction (Month/Day/Year) 01/02/2023       |   |                    |   |  |  |                             |  |  | X Officer (give title Other (specify below)  Executive VP and CFO |                                       |                                      |  |  |
| (Street) WILMINGTON MA 01887  (City) (State) (Zip)  4. If Amendment, Date of Original Filed (Month/Day/Ye |   |  |                 |   |   |   |                    | y/Year)   |  | Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person     Form filed by More than One Reporting Person |                             |  |  |   |                                       |                                      |  |  |
|   |   | Table                                      | I - No          | n-Deriva  | ative   | Secu                                    | rities             | Acc   | quired   | , Dis  | posed of                    | , or B   | enefic                                 | ially Ov  | ned                                   |                                      |  |  |
| 1. Title of Security (Instr. 3)  2. Transact Date (Month/Day  |   |  |                 |   | Execution D   |   | ate,               | 3.<br>Transaction<br>Code (Instr.<br>8)                 |  | 4. Securities Acquired (A)<br>Disposed Of (D) (Instr. 3, 4<br>5)   |                             |  | nd Sec<br>Ben<br>Owi                   | mount of<br>urities<br>eficially<br>ned Following                 | Forr<br>(D)                           | m: Direct<br>or Indirect<br>nstr. 4) | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership                      |  |
|   |   |  |                 |   |   |   |                    |   | Code   | v  | Amount                      | (A) or<br>(D)  | Price                                  | Trai  | orted<br>saction(s)<br>tr. 3 and 4)   |                                      |  | (Instr. 4)   |
| Common Stock 01/02/2  |   |  |                 | 2023  |   | F                                       |                    | 102(1)  | D  | \$192  | .99                         | 5,338(2)   |  | D   |                                       |                                      |  |  |
|   |   | Tal  | ole II          |   |   |   |                    |   |  |  | osed of, convertib          |  |  |   | ed                                    |                                      | ,  |  |
| 1. Title of<br>Derivative<br>Security<br>(Instr. 3)   | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction<br>Date<br>(Month/Day/Year) | Execu<br>if any | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) |   | 4.<br>Transaction<br>Code (Instr.<br>8) |                    | vative<br>virties<br>vired<br>r<br>osed<br>)<br>r. 3, 4 | 6. Date Exercisable a<br>Expiration Date<br>(Month/Day/Year) |  | ate                         | 7. Title and<br>Amount of<br>Securities<br>Underlying<br>Derivative<br>Security (Ins<br>3 and 4) |  | 8. Price<br>Derivativ<br>Security<br>(Instr. 5)                   | ve derivative<br>Securities           | ly Ov<br>Fo<br>Dii<br>or<br>(I)      | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|   |   |  |                 |   | Code  | v                                       | (A)                | (D)   | Date<br>Exercisable  |  | Expiration<br>Date          |  | Amount<br>or<br>Number<br>of<br>Shares |   |                                       |                                      |  |  |

## **Explanation of Responses:**

- 1. 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.
- 2. Consists of 247 restricted stock units that vest in one remaining annual installment on October 31, 2023, 388 restricted stock units that vest in two remaining equal annual installments on October 31, 2023 and October 31, 2024, 702 restricted stock units that vest in three remaining equal annual installments on October 31, 2023, October 31, 2024 and October 31, 2025, 1,344 restricted stock units that vest in four remaining equal annual installments on October 31, 2024, October 31, 2025 and October 31, 2026, 1,969 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 and 688 shares of Common Stock owned by the reporting person.

## Remarks:

/s/ Steven S. Sintros, Attorney-in-Fact

01/04/2023

\*\* Signature of Reporting Person

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.