| SEC Form 4 |
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FORM 4

Check this box if no longer subject

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

| - | - | | | | | | | |
|--------------------------|-----------|--|--|--|--|--|--|--|
| OMB Number: | 3235-0287 | | | | | | | |
| Estimated average burden | | | | | | | | |
| hours per response: | 0.5 | | | | | | | |

| obligations may continue. See Instruction 1(b). | Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 | 4 |
|--|--|---|
| 1. Name and Address of Reporting Person [*] Sintros Steven S | 2. Issuer Name and Ticker or Trading Symbol <u>UNIFIRST CORP</u> [UNF] | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner |
| (Last) (First) (Middle) C/O UNIFIRST CORP 68 JONSPIN ROAD | 3. Date of Earliest Transaction (Month/Day/Year) 10/26/2021 | X Officer (give title Other (specify below) below) President and CEO |
| (Street) WILMINGTON MA 01887 (City) (State) (Zip) | 4. If Amendment, Date of Original Filed (Month/Day/Year) | 6. 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 - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | Transaction Code (Instr. | | | | | 5. Amount of Securities Beneficially Owned Following | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership |
|---------------------------------|--|---|-----------------------------|---|----------|---------------|----------|---|---|---|
| | | | Code | v | Amount | (A) or (D) | Price | Reported Transaction(s) (Instr. 3 and 4) | | (Instr. 4) |
| Common Stock | 10/26/2021 | | A | | 3,197(1) | Α | \$0.00 | 18,117 | D | |
| Common Stock | 10/26/2021 | | F | | 1,407(2) | D | \$202.79 | 16,710 ⁽³⁾ | D | |

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

| | (0.3, pars, one, options, options, options) | | | | | | | | | | | | | |
|---|---|--|---|------------------------------|---|-----|-----|--|---|-------|---|--|--|--|
| 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. Transa Code (8) | | | | 6. Date Exerc Expiration Da (Month/Day/Y | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) | | 8. Price of Derivative Security (Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) | |
| | | | | Code | v | (A) | (D) | Date Exercisable | Expiration Date | Title | Amount or Number of Shares | | | |

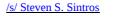
Explanation of Responses:

1. Represents restricted stock units that were earned based on the achievement of certain performance criteria and which vested.

2. 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.

3. Consists of (i) 6,928 shares of Common Stock owned by the reporting person, (ii) 2,566 restricted stock units that will vest in three remaining equal annual installments on November 27, 2021, November 27, 2022, and November 27, 2023, (iii) 1,210 restricted stock units that will vest in two remaining equal annual installments on December 14, 2021 and December 14, 2022, (iv) 2,784 restricted stock units that will vest in four remaining equal annual installments on October 29, 2021, October 29, 2022, October 29, 2023 and October 29, 2024 and (v) 3,222 restricted stock units that will vest in five equal annual installments on November 19, 2022, November 19, 2023, November 19, 2024 and November 19, 2025.

Remarks:



** Signature of Reporting Person Date

10/28/2021

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.