

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

1. Name and Address of Reporting Person <u>Katz David Martin</u>			2. Issuer Name and Ticker or Trading Symbol <u>UNIFIRST CORP [UNF]</u>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director _____ 10% Owner _____ <input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below) _____ <u>Executive VP, Sales/Marketing</u>		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <u>11/28/2022</u>			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		
C/O UNIFIRST CORP 68 JONSPIN ROAD			4. If Amendment, Date of Original Filed (Month/Day/Year)					
(Street) <u>WILMINGTON MA 01887</u>								
(City) (State) (Zip)								

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)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	11/28/2022		A		1,772 ⁽¹⁾	A	\$0.00	5,070 ⁽²⁾	D	

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. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		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)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Stock Appreciation Right ⁽³⁾	\$190.53	11/28/2022		A		1,796		(3)	11/28/2032	Common Stock (\$0.10 par value)	1,796	\$0.00	1,796	D	

Explanation of Responses:

- Represents restricted stock units granted under the UniFirst Corporation Amended and Restated 2010 Stock Option and Incentive Plan (the "2010 Plan"). Such restricted stock units vest in five equal annual installments on October 31, 2023, October 31, 2024, October 31, 2025, October 31, 2026 and October 31, 2027.
- Consists of 209 restricted stock units that vest in one remaining installment on December 20, 2022, 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, 1,195 restricted stock units that vest in four remaining equal annual installments on October 31, 2023, October 31, 2024, October 31, 2025 and October 31, 2026, 1,772 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 557 shares of Common Stock owned by the reporting person.
- This stock appreciation right, which was granted under the 2010 Plan, becomes vested and exercisable in five equal annual installments on October 31, 2023, October 31, 2024, October 31, 2025, October 31, 2026 and October 31, 2027. This stock appreciation right is required to be settled in stock at the time of exercise.

Remarks:

/s/ Steven S. Sintros, Attorney-in-Fact 11/30/2022

** Signature of Reporting Person Date

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.