

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>11/17/2021</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	11/17/2021		A		1,493 ⁽¹⁾	A	\$0.00	5,906 ⁽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⁾	\$201.07	11/17/2021		A		1,831		(3)	11/17/2031	Common Stock (\$0.10 par value)	1,831	\$0.00	1,831	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, 2022, October 31, 2023, October 31, 2024, October 31, 2025 and October 31, 2026.
- Consists of 1,044 restricted stock units that vest 100% on December 20, 2022, 1,231 restricted stock units that vest 100% on October 22, 2023, 969 restricted stock units that vest 60% on October 29, 2022, an additional 20% on October 29, 2023 and the remaining 20% on October 29, 2024, 1,169 restricted stock units that vest 60% on October 26, 2023, an additional 20% on October 26, 2024 and the remaining 20% on October 26, 2025 and 1,493 restricted stock units that vest in five equal annual installments on October 31, 2022, October 31, 2023, October 31, 2024, October 31, 2025 and October 31, 2026.
- This stock appreciation right, which was granted under the 2010 Plan, becomes vested and exercisable in five equal annual installments on October 31, 2022, October 31, 2023, October 31, 2024, October 31, 2025 and October 31, 2026. This stock appreciation right is required to be settled in stock at the time of exercise.

Remarks:

/s/ Steven S. Sintros, Attorney-in-Fact 11/19/2021

** 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.