

Freeman Ronald B
Form 4
September 15, 2008

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Freeman Ronald B

2. Issuer Name and Ticker or Trading Symbol
INGLES MARKETS INC [IMKTA]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
2913 US HIGHWAY 70 WEST

3. Date of Earliest Transaction (Month/Day/Year)
09/11/2008

Director 10% Owner
 Officer (give title below) Other (specify below)
Chief Financial Officer / Profit Sharing Plan Trustee

(Street)
BLACK MOUNTAIN, NC 28711

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(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 (D) Price			
Class A Common Stock	09/11/2008		J ⁽¹⁾	1,500 D \$ 25.7746	946,465	I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/11/2008		J ⁽¹⁾	2,000 D \$ 25.8325	944,465	I	Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/11/2008		J ⁽¹⁾	2,000 D \$ 25.8325	942,465	I	Employee Benefit Plan

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Class A Common Stock	09/11/2008	J ⁽¹⁾	1,500	D	\$ 25.8413	940,965	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/11/2008	J ⁽¹⁾	2,500	D	\$ 25.8512	938,465	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/11/2008	J ⁽¹⁾	1,465	D	\$ 25.8558	937,000	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/11/2008	J ⁽¹⁾	2,000	D	\$ 25.8615	935,000	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/11/2008	J ⁽¹⁾	2,000	D	\$ 25.8645	933,000	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock	09/11/2008	J ⁽¹⁾	1,500	D	\$ 25.8677	931,500	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾
Class A Common Stock ⁽²⁾	09/11/2008	J ⁽¹⁾	1,500	D	\$ 25.984	930,000	I	Trustee ⁽¹⁾ Employee Benefit Plan Trustee ⁽¹⁾

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

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 control number.

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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)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu...
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