FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

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

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

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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

1. Name and Address of Reporting Person*  MATTHEWS NORMAN S						2. Issuer Name and Ticker or Trading Symbol Grocery Outlet Holding Corp. [ GO ]									k all app Direc	tionship of Reporti all applicable) Director		10% (	wner	
	(Fir OCERY OU OLLIS STRI	TLET HOLDIN	Middle)  NG COI	RP.,	09/1	3. Date of Earliest Transaction (Month/Day/Year) 09/15/2022									below			below		
(Street)					4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable Line)					
EMERYVILLE CA 94608															X Form filed by One Reporting Person  Form filed by More than One Reporting  Person					
(City)	(St	ate) (Z	Zip)																	
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																			
'''' '''   [				2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 5)			4 and Securitie Beneficia Owned F		es ially Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership		
					Code	v	Amount	(A) or (D)	Pric	e e	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)					
Common Stock 09/1				09/15/2	2022				A		667(1)	A	\$	0	0 37,960		D			
Common Stock															73,849			,	By Matthews Family Trust <sup>(2)</sup>	
	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	Exercise (Month/Day/Year) if any (Month/Day/Year) 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 Expirati (Month/	ion Da	Securities Underlying Derivative Security (In: 3 and 4)		nt of ties ying tive ty (Instr	De Se (In	Price of rivative curity str. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transaction (Instr. 4)	Ownersh Form: Direct (D or Indirect (I) (Instr.		Beneficial Ownership (Instr. 4)	
					Code		(A)	(D)	Date Exercisable		Expiration Date		or Number of Shares	r						

## **Explanation of Responses:**

- 1. Represents a grant of 667 fully vested deferred stock units, which resulted from the Reporting Person's earlier election to defer all of his quarterly cash retainer. Such deferred stock units will be settled in a single distribution in shares of the Issuer's common stock upon the Reporting Person's termination of service from the Issuer's Board of Directors.
- 2. Reflects shares directly held by The Matthews Family 2020 Trust dtd 11/24/2020 of which Mr. Matthews is a Trustee.

## Remarks:

/s/ Lauri Fischer, Lauri Fischer, attorney-in-fact

09/16/2022

\*\* Signature of Reporting Person Date

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

- $^{\star}$  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.