

Freeman Ronald B  
Form 4  
April 10, 2007

**FORM 4**

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

OMB APPROVAL

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

**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)  
04/09/2007

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	04/09/2007		J <sup>(1)</sup>		700	D	\$ 41.7	27,600	I	Employee Plan Trustee <sup>(1)</sup>
Class A Common Stock	04/09/2007		J <sup>(1)</sup>		700	D	\$ 41.678	26,900	I	Employee Plan Trustee <sup>(1)</sup>
Class A Common Stock	04/09/2007		J <sup>(1)</sup>		1,027	D	\$ 41.77	25,873	I	Employee Plan Trustee <sup>(1)</sup>
	04/09/2007		J <sup>(1)</sup>		473	D	\$ 41.55	25,400	I	

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Class A Common Stock								Employee Plan Trustee <u>(1)</u>
Class A Common Stock	04/09/2007	<u>J(1)</u>	1,000	D	\$ 41.6313	24,400	I	Employee Plan Trustee <u>(1)</u>
Class A Common Stock	04/09/2007	<u>J(1)</u>	1,000	D	\$ 41.533	23,400	I	Employee Plan Trustee <u>(1)</u>
Class A Common Stock	04/09/2007	<u>J(1)</u>	1,000	D	\$ 41.071	22,400	I	Employee Plan Trustee <u>(1)</u>
Class A Common Stock	04/09/2007	<u>J(1)</u>	200	D	\$ 41.02	22,200	I	Employee Plan Trustee <u>(1)</u>
Class A Common Stock	04/09/2007	<u>J(1)</u>	400	D	\$ 41.0049	21,800	I	Employee Plan Trustee <u>(1)</u>
Class A Common Stock <u>(2)</u>	04/09/2007	<u>J(1)</u>	700	D	\$ 40.8514	21,100	I	Employee Plan Trustee <u>(1)</u>
Class A Common Stock <u>(2)</u>	04/09/2007	<u>J(1)</u>	800	D	\$ 40.7662	20,300	I	Employee Plan Trustee <u>(1)</u>
Class A Common Stock <u>(2)</u>	04/09/2007	<u>J(1)</u>	1,000	D	\$ 40.871	19,300	I	Employee Plan Trustee <u>(1)</u>
Class A Common Stock <u>(2)</u>	04/09/2007	<u>J(1)</u>	100	D	\$ 40.86	19,200	I	Employee Plan Trustee <u>(1)</u>
Class A Common Stock <u>(2)</u>	04/09/2007	<u>J(1)</u>	900	D	\$ 40.8144	18,300	I	Employee Plan Trustee <u>(1)</u>

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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(9-02)

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

1. Title of Derivative Security	2. Conversion or Exercise	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any	4. Transaction Code	5. Number of	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying	8. Price of Derivative Security	9. Nu Deriv Secur
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