

WILD OATS MARKETS INC
 Form 4
 August 30, 2007

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 *
BELL STACEY J

2. Issuer Name and Ticker or Trading Symbol
WILD OATS MARKETS INC [OATS]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)
08/28/2007

Director 10% Owner
 Officer (give title below) Other (specify below)

56 AMHERST ROAD

(Street)

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

BELMONT, MA 02478

(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 Ownership (Instr. 4)
				(A) or (D)	Price		
				Code	V	Amount	

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.

SEC 1474 (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 Derivative Securities	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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(Instr. 3)	Price of Derivative Security	(Month/Day/Year)	(Instr. 8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)							
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Restricted Stock Units	\$ 0	08/28/2007	D			268	<u>(1)</u>	05/07/2014	Common Stock	268	
Restricted Stock Units	\$ 0	08/28/2007	D			4,000	<u>(1)</u>	05/07/2014	Common Stock	4,000	
Restricted Stock Units	\$ 0	08/28/2007	D			276	<u>(1)</u>	07/29/2014	Common Stock	276	
Restricted Stock Units	\$ 0	08/28/2007	D			552	<u>(1)</u>	11/03/2014	Common Stock	552	
Restricted Stock Units	\$ 0	08/28/2007	D			423	<u>(1)</u>	12/15/2014	Common Stock	423	
Restricted Stock Units	\$ 0	08/28/2007	D			484	<u>(1)</u>	02/18/2015	Common Stock	484	
Restricted Stock Units	\$ 0	08/28/2007	D			320	<u>(1)</u>	05/04/2015	Common Stock	320	
Restricted Stock Units	\$ 0	08/28/2007	D			4,000	<u>(1)</u>	05/04/2015	Common Stock	4,000	
Restricted Stock Units	\$ 0	08/28/2007	D			297	<u>(1)</u>	07/06/2015	Common Stock	297	
Restricted Stock Units	\$ 0	08/28/2007	D			257	<u>(1)</u>	07/26/2015	Common Stock	257	
Restricted Stock Units	\$ 0	08/28/2007	D			310	<u>(1)</u>	10/27/2015	Common Stock	310	
Restricted Stock	\$ 0	08/28/2007	D			238	<u>(1)</u>	02/08/2016	Common Stock	238	

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Units									
Restricted Stock Units	\$ 0	08/28/2007	D	200	<u>(1)</u>	05/02/2016	Common Stock	200	
Restricted Stock Units	\$ 0	08/28/2007	D	4,000	<u>(1)</u>	05/02/2016	Common Stock	4,000	
Restricted Stock Units	\$ 0	08/28/2007	D	189	<u>(1)</u>	07/27/2016	Common Stock	189	
Restricted Stock Units	\$ 0	08/28/2007	D	209	<u>(1)</u>	08/30/2016	Common Stock	209	
Restricted Stock Units	\$ 0	08/28/2007	D	865	<u>(1)</u>	08/30/2016	Common Stock	865	
Restricted Stock Units	\$ 0	08/28/2007	D	25	<u>(1)</u>	09/29/2016	Common Stock	25	
Restricted Stock Units	\$ 0	08/28/2007	D	25	<u>(1)</u>	09/29/2016	Common Stock	25	
Restricted Stock Units	\$ 0	08/28/2007	D	197	<u>(1)</u>	10/19/2016	Common Stock	197	
Restricted Stock Units	\$ 0	08/28/2007	D	129	<u>(1)</u>	10/25/2016	Common Stock	129	
Restricted Stock Units	\$ 0	08/28/2007	D	129	<u>(1)</u>	10/26/2016	Common Stock	129	
Restricted Stock Units	\$ 0	08/28/2007	D	193	<u>(1)</u>	10/26/2016	Common Stock	193	
Restricted Stock Units	\$ 0	08/28/2007	D	234	<u>(1)</u>	11/13/2016	Common Stock	234	
Restricted Stock Units	\$ 0	08/28/2007	D	243	<u>(1)</u>	12/12/2016	Common Stock	243	
Restricted Stock Units	\$ 0	08/28/2007	D	86	<u>(1)</u>	12/29/2016	Common Stock	86	

