Post Holdings, Inc. Form 4 February 09, 2016

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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may continue.

See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * STIRITZ WILLIAM P			2. Issuer Name and Ticker or Trading Symbol Post Holdings, Inc. [POST]	5. Relationship of Reporting Person(s) to Issuer			
				(Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction				
			(Month/Day/Year)	X Director 10% Owner			
C/O POST HOLDINGS, INC., 2503			02/08/2016	Officer (give title Other (specify			
S. HANLEY ROAD				below) below)			
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
			Filed(Month/Day/Year)	Applicable Line)			
ST. LOUIS, MO 63144				_X_ 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							ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securities Acquired (A) oper Disposed of (D) (Instr. 3, 4 and 5) (A) or			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)
C			Code v	Amount	(D)	Price \$			
Common Stock	02/08/2016		P	200,000	A	63.59 (1)	1,081,996	D	
Common Stock	02/08/2016		P	79,907	A	\$ 63.72 (2)	80,073	I	By Spouse
Common Stock	02/08/2016		P	199,735	A	\$ 63.77 (3)	199,735	I	By Trust
Common Stock	02/09/2016		P	70,000	A	\$ 63.4 (5)	150,073	I	By Spouse

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

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SEC 1474 (9-02)

> 9. Nu Deriv Secur Bene

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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	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	isable and	7. Titl	e and	8. Price of	9
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	orNumber	Expiration Da	ate	Amou	int of	Derivative	J
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security	,
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securi	ities	(Instr. 5)]
	Derivative				Securities			(Instr.	3 and 4)		(
	Security				Acquired]
					(A) or						J
					Disposed						-
					of (D)						(
					(Instr. 3,						
					4, and 5)						
									A		
									Amount		
						Date	Expiration	m: .1	or		
						Exercisable	Date	Title	Number		
				C 1 17	(A) (D)				of		
				Code V	(A) (D)				Shares		

Reporting Owners

	Relationships
Reporting Owner Name / Address	F ~

Director 10% Owner Officer Other

STIRITZ WILLIAM P C/O POST HOLDINGS, INC. 2503 S. HANLEY ROAD ST. LOUIS, MO 63144

X

Signatures

/s/ Diedre J. Gray, Attorney-in-Fact 02/09/2016

**Signature of Reporting Person

Explanation of Responses:

- * 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).
- (1) Purchase of 200,000 shares of common stock on February 8, 2016 at prices ranging from \$63.26 to \$63.97, with an average price of \$63.59.
- Purchase of 79,907 shares of common stock on February 8, 2016 at prices ranging from \$63.27 to \$63.86, with an average price of \$63.72
- (3) Purchase of 199,735 shares of common stock on February 8, 2016 at prices ranging from \$63.71 to \$63.99, with an average price of \$63.77.

(4)

Reporting Owners 2

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Purchase of stock in the account of the Wildwood Trust dated September 6, 2012. The Reporting Person is the grantor and trustee of the Wildwood Trust, and the Reporting Person's spouse and children are the beneficiaries.

(5) Purchase of 70,000 shares of common stock on February 9, 2016 at prices ranging from \$62.11 to \$64.01, with an average price of \$63.40.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.