

## INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL

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or Section 30(h) of the Investment Company Act of 1940

|  |  |  |   |
|--|--|--|---|
| 1. Name and Address of Reporting Person*<br><u>Javid Parker K</u><br><br>(Last) (First) (Middle)<br><u>C/O LANDEC CORPORATION</u><br><u>5201 GREAT AMERICA PARKWAY,</u><br><u>SUITE 232</u><br><br>(Street)<br><u>SANTA CLARA</u> <u>CA</u> <u>95054</u><br><br>(City) (State) (Zip) | 2. Date of Event Requiring Statement (Month/Day/Year)<br><u>07/25/2018</u> | 3. Issuer Name and Ticker or Trading Symbol<br><u>LANDEC CORP \CA\ [ LNDC ]</u>  |   |
|  |  | 4. Relationship of Reporting Person(s) to Issuer (Check all applicable)<br>Director<br><input checked="" type="checkbox"/> Officer (give title below)<br><u>Vice President</u><br>10% Owner<br>Other (specify below) | 5. If Amendment, Date of Original Filed (Month/Day/Year)<br><br>6. Individual or Joint/Group Filing (Check Applicable Line)<br><input checked="" type="checkbox"/> Form filed by One Reporting Person<br>Form filed by More than One Reporting Person |

## Table I - Non-Derivative Securities Beneficially Owned

| 1. Title of Security (Instr. 4)       | 2. Amount of Securities Beneficially Owned (Instr. 4) | 3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5) | 4. Nature of Indirect Beneficial Ownership (Instr. 5) |
|---------------------------------------|---|--|---|
| <u>No Security beneficially owned</u> | <u>0</u>  | <u>D</u>   |   |

Table II - Derivative Securities Beneficially Owned  
(e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of Derivative Security (Instr. 4)       | 2. Date Exercisable and Expiration Date (Month/Day/Year) |                   | 3. Title and Amount of Securities Underlying Derivative Security (Instr. 4) | 4. Conversion or Exercise Price of Derivative Security | 5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5) | 6. Nature of Indirect Beneficial Ownership (Instr. 5) |
|--|--|-------------------|---|--|--|---|
|  | Date Exercisable   | Expiration Date   |   |  |  |   |
| <u>Incentive Stock Option (Right to Buy)</u>     | <u>(5)</u>   | <u>07/25/2025</u> | <u>Common Stock</u>   | <u>5,482</u>   | <u>14.35</u>   | <u>D</u>  |
| <u>Nonqualified Stock Options (Right to Buy)</u> | <u>(5)</u>   | <u>07/25/2025</u> | <u>Common Stock</u>   | <u>5,768</u>   | <u>14.35</u>   | <u>D</u>  |
| <u>Restricted Stock Units (Right to Buy)</u>     | <u>(2)</u>   | <u>07/25/2021</u> | <u>Common Stock</u>   | <u>3,750</u>   | <u>(1)</u>   | <u>D</u>  |
| <u>Restricted Stock Units (Right to Buy)</u>     | <u>(2)</u>   | <u>05/25/2019</u> | <u>Common Stock</u>   | <u>10,000</u>  | <u>(1)</u>   | <u>D</u>  |
| <u>Nonqualified Stock Options (Right to Buy)</u> | <u>(3)</u>   | <u>05/25/2023</u> | <u>Common Stock</u>   | <u>8,208</u>   | <u>11.36</u>   | <u>D</u>  |
| <u>Incentive Stock Option (Right to Buy)</u>     | <u>(3)</u>   | <u>05/25/2023</u> | <u>Common Stock</u>   | <u>21,792</u>  | <u>11.36</u>   | <u>D</u>  |
| <u>Restricted Stock Units (Right to Buy)</u>     | <u>(2)</u>   | <u>10/19/2020</u> | <u>Common Stock</u>   | <u>5,000</u>   | <u>(1)</u>   | <u>D</u>  |
| <u>Nonqualified Stock Options (Right to Buy)</u> | <u>(4)</u>   | <u>10/19/2024</u> | <u>Common Stock</u>   | <u>6,688</u>   | <u>12.65</u>   | <u>D</u>  |
| <u>Incentive Stock Option (Right to Buy)</u>     | <u>(4)</u>   | <u>10/19/2024</u> | <u>Common Stock</u>   | <u>8,312</u>   | <u>12.65</u>   | <u>D</u>  |

## Explanation of Responses:

- The Restricted Stock Units convert into Common Stock of Landec Corporation on a 1 for 1 basis.
- Restricted Stock Units will vest on the 3rd anniversary of the grant date and will be automatically settled in shares of common stock subject to vesting at a rate of 1 share per unit.
- The options vest as to (a) 33% for first year beginning on May 25, 2017 and then (b) the remaining in 1/36 monthly installments over the following 24 months, subject to continued service through each vesting date.
- The options vest as to 1/36 of the total shares monthly, beginning on November 19, 2017, subject to continued service through each vesting date.
- The options vest as to 1/36 of the total shares monthly, beginning on August 25, 2018, subject to continued service through each vesting date.

/s/ Shelley A Hilt08/01/2018

\*\* Signature of Reporting Person

Date

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

\* If the form is filed by more than one reporting person, see Instruction 5 (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.

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