Waldron John P

LIFEWAY FOODS, INC.
6431 W. OAKTON STREET
MORTON GROVE IL 60053

1. Name and Address of Reporting Person

2. Issuer Name and Ticker or Trading Symbol
LIFEWAY FOODS INC [ LWAY ]

3. Date of Earliest Transaction (Month/Day/Year)
01/01/2016

4. If Amendment, Date of Original Filed

5. Relationship of Reporting Person(s) to Issuer
X 10% Owner
Chief Financial Officer

6. Individual or Joint/Group Filing (Check Applicable Line)
X Form filed by One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

<table>
<thead>
<tr>
<th>1. Title of Security (Instr. 3)</th>
<th>2. Transaction Date (Month/Day/Year)</th>
<th>2A. Deemed Execution Date, if any (Month/Day/Year)</th>
<th>3. Transaction Code (Instr. 8)</th>
<th>4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)</th>
<th>5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)</th>
<th>6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>7. Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stock option (Right to buy)</td>
<td>01/01/2016</td>
<td></td>
<td>A</td>
<td>6,000 (1)</td>
<td>6,000 D</td>
<td>$0</td>
<td>6,000 D</td>
</tr>
</tbody>
</table>

Explanation of Responses:
1. Of such options, 2,000 vest on January 1, 2017 and 1,000 vest on January 1 of each of 2018, 2019, 2020 and 2021.

/s/ John P. Waldron 01/05/2016
**Signature of Reporting Person**

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 4 (b)(v).


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.