Post Holdings, Inc. Form 4 February 02, 2016									
FORM /					PPROVAL				
Check this box		URITIES AND EXCHANG Vashington, D.C. 20549	E COMMISSION	OMB Number:	3235-0287				
if no longer subject to Section 16. Form 4 or	MENT OF CHA	ANGES IN BENEFICIAL O SECURITIES	Expires:January 31, 2005Estimated average burden hours per response0.5						
Form 5 obligations may continue. See Instruction 1(b). 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 SKARIE DAVID P	g Person <u>*</u> 2. Iss Symbo	uer Name and Ticker or Trading I	5. Relationship of Issuer	rson(s) to					
	Post l	Holdings, Inc. [POST]	(Chec	e)					
(Last) (First) C/O POST HOLDINGS, IN S. HANLEY ROAD	(Montl	e of Earliest Transaction n/Day/Year) /2016	X_ Director 10% Owner Officer (give title Other (specify below) below)						
(Street)		mendment, Date Original /Ionth/Day/Year)	 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 						
ST. LOUIS, MO 63144			Person	lore than one R	eporting				
(City) (State)	(Zip) Ta	able I - Non-Derivative Securities	Acquired, Disposed of	, or Beneficia	lly Owned				
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)	Execution Date, if any	3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or Code V Amount (D) Price	SecuritiesFBeneficially(IOwned(IFollowing(IReportedTransaction(s)(Instr. 3 and 4)	. Ownership form: Direct D) or Indirect I) Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)				
Reminder: Report on a separate lin	ne for each class of se	ecurities beneficially owned directly	or indirectly.						
		information con required to resp	spond to the collect tained in this form a pond unless the form ently valid OMB con	are not n	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	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

Edgar Filing: Post Holdings, Inc. - Form 4

(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
Post Holdings, Inc. Stock Equivalents	<u>(1)</u>	01/29/2016		А		104.461		(2)	(2)	Common Stock	104.461

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
SKARIE DAVID P C/O POST HOLDINGS, INC. 2503 S. HANLEY ROAD ST. LOUIS, MO 63144	Х						
Signatures							
/s/ Diedre J. Gray, Attorney-in-Fact		02/02/2016					
**Signature of Reporting Person		Date					

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) Reporting Person's retainers and fees earned as a Director of Issuer are deferred into Post Holdings, Inc. stock equivalents under the Issuer's Deferred Compensation Plan for Non-Management Directors. Reporting Person is credited with stock equivalents as soon as administratively practicable following the month in which such retainers and fees are earned. The value of these stock equivalents is distributed (on a one-for-one basis) in the form of cash upon retirement from the Board of Directors.

(2) The stock equivalents have no fixed exercisable or expiration dates.

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.