UNFI · NYSE · WEEK ENDED 24 JUL 2026

Weekly Investor Report

United Natural Foods Inc · Consumer Defensive · Food Distribution

LATEST CLOSE

49.67 USD

1.2% latest week

Weekly setup

Constructive, but selective

The weekly trend is active. Price is 11.4% above the Trend Line and sits at 77.1% of its 52-week range. The latest completed week returned 1.2%, after a 1.1% four-week move. The latest factor snapshot indicates quality ranks weakly versus its universe; growth ranks weakly; valuation is neither clearly cheap nor expensive. Options positioning is bearish with 39/100 conviction, while the latest news-sentiment score is 52/100. Near-term considerations: volume confirmation is below normal; earnings are due in 61d.

Technical setup score 60/100. This score describes the weekly technical setup; the conclusion above also considers fundamentals, positioning, sentiment, and event risk.

LATEST CLOSE

49.67 USD

24 Jul 2026

1W RETURN

1.2%

latest completed week

4W RETURN

1.1%

short-term follow-through

12W RETURN

-3.1%

quarterly tape

TREND BREADTH

86.5%

45 of 52 weeks active

VOLUME RATIO

0.7x

vs 13-week average

What is working

- The trend backdrop is active with a 45-week active streak.
- Price is above the Trend Line, keeping the weekly tape constructive.
- Price is above Fair Value, showing premium demand versus the model.
- Next-week expectancy is positive at 60.86% based on similar historical setup states.

What could go wrong

- Activity pressure is negative, which weakens the current setup.
- 9 reversal markers appear in the recent smart-money tape.

What to watch next

- Trend Line remains the key weekly regime level.
- Activity pressure is the gauge to monitor for confirmation or fade.
- A volume ratio above 1.5x would show stronger participation in the next move.

This week's evidence at a glance

PRICE FOLLOW-THROUGH

1.2%

Latest completed week; four-week move 1.1%.

INDICATOR STACK

93/19

Trend and activity pressure are weighted against the latest 12-week confirmation window.

TREND BACKDROP

Active

The trend backdrop defines the current weekly regime.

PATIENT CAPITAL

Quiet

Activity-pressure buy-signal status for institutional accumulation timing.

NEXT-WEEK EXPECTANCY

Positive 60.86%

Historical one-week expectancy contributes to the evidence score when direction is confirmed.

OPTIONS PRESSURE

Bearish

39/100 conviction; expected move 8.1%.

NEWS SENTIMENT

52/100

51 relevant articles in the latest sentiment read.

EVENT RISK

61d

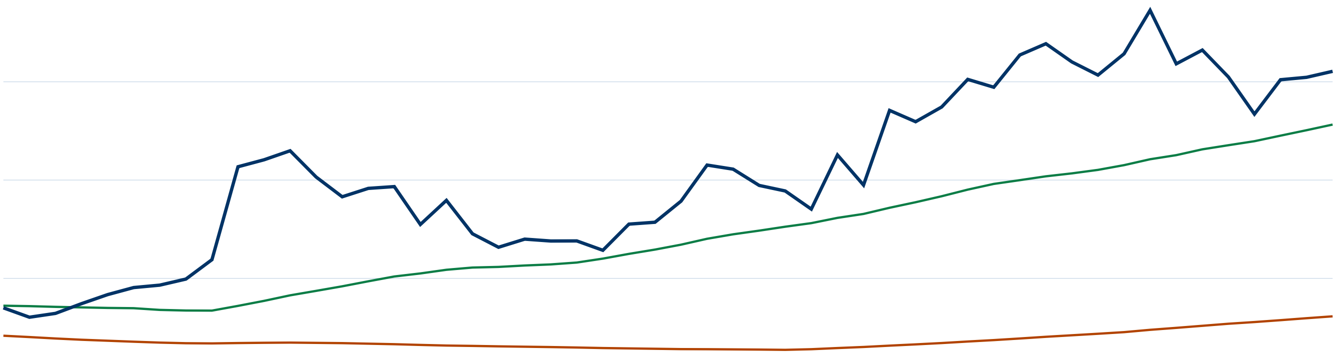
Next report is scheduled for 29 Sep 2026; event risk rises as the date approaches.

01 · PRICE ACTION

Where price is—and whether the trend supports it

The weekly trend is active. Price is 11.4% above the Trend Line and sits at 77.1% of its 52-week range. The latest completed week returned 1.2%, after a 1.1% four-week move.

52-week price path



Blue: weekly close · Green: Trend Line · Orange: Sharemaestro Fair Value

Position in the 52-week range

24.88 USD 57.02 USD

Latest close sits at 77.1% of the 52-week range.

RANGE LOCATION

77.1%

Shows where the latest close sits between the 52-week low and high.

TREND DISTANCE

11.4%

Price premium or discount versus the weekly Trend Line.

FAIR-VALUE GAP

89.6%

Premium demand or model discount versus Sharemaestro Fair Value.

HIGH-WATER GAP

-12.9%

Distance from the latest 52-week high.

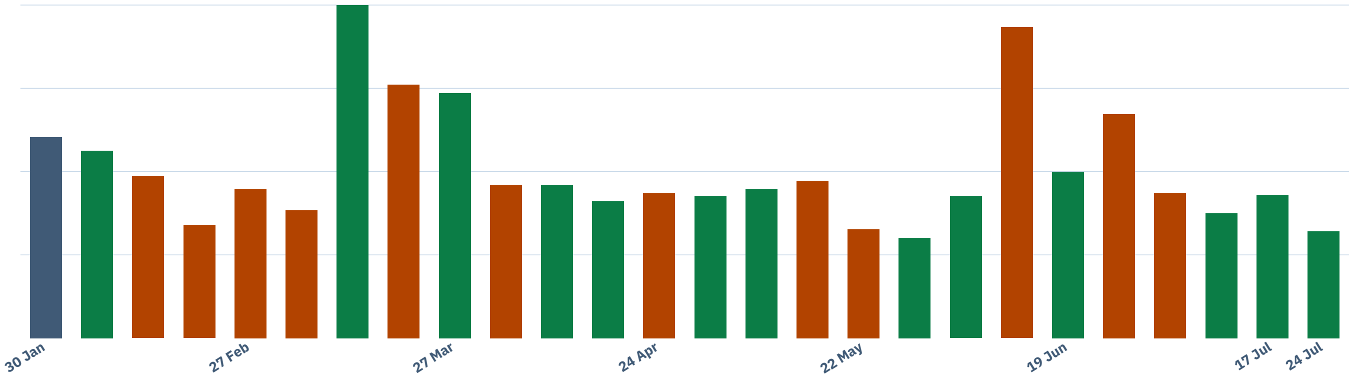
02 · VOLUME AND DEMAND

Is real participation confirming the move?

Latest weekly volume is 0.7x the 13-week average. Participation is below its recent norm, so price strength is not receiving full volume confirmation.

26-week volume confirmation

Bar height shows weekly volume. Green marks an up week; orange marks a down week.



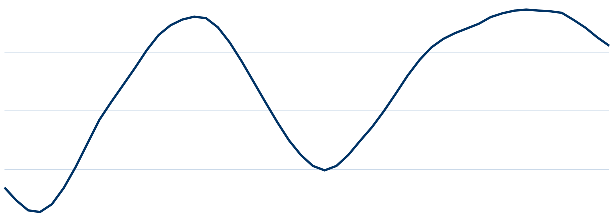
PARTICIPATION	BASELINE	ONE-YEAR BASE	LATEST WEEKLY VOLUME
0.7x	**3.1M**	**4.0M**	**2.1M**
Latest volume versus the 13-week average.	13-week average volume.	52-week average volume.	Most recent completed week.

Demand beneath price

Activity pressure and institutional-style signals

These indicators assess whether participation is improving beneath price. They are supporting evidence, not proof of institutional buying.

Activity pressure path



Latest 0.86 · 12-week average 0.96

12-week confirmation

Signal	Read	Meaning
Trend active	12/12	Active trend-backdrop weeks in the latest 12-week window.
Positive pressure	9/12	Weeks with constructive activity pressure in the latest 12-week window.
Positive leadership	12/12	Weeks with positive relative leadership in the latest 12-week window.
Activity pressure	0.86	Current proprietary activity-pressure read.
Buy signals	0	Accumulation signal count in the latest 12 weeks.
Reversal markers	9	9 reversal markers

No recent accumulation markers. 9 reversal markers.

03 · MOMENTUM AND LEADERSHIP

Is performance persistent—and is the stock leading?

Performance is 1.1% over four weeks, -3.1% over 12 weeks, and 76.1% over one year. The current trend has remained active for 45 consecutive weeks.

Performance by holding period

1W	1.2%
4W	1.1%
12W	-3.1%
26W	41.1%
52W	76.1%

ACTIVE TREND STREAK

45 weeks

Consecutive active weeks.

ACTIVE WEEKS

45

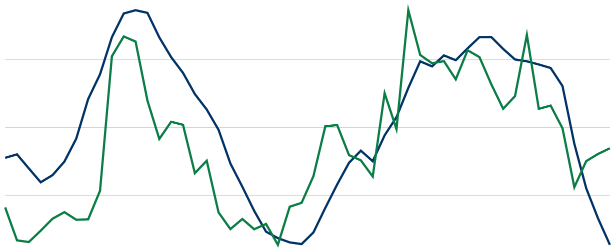
Latest 52 weeks.

TREND BREADTH

86.5%

Share of active weeks.

Activity pressure vs relative leadership



Blue: activity pressure · Green: relative leadership

PRESSURE

-0.81

Latest activity-pressure read.

PRESSURE CHANGE

-210.9%

Four-week change in activity pressure.

LEADERSHIP

15.96

Latest relative-leadership reading.

RS CHANGE

-20.3%

Four-week change in relative leadership.

Technical setup scorecard

Trend	93
Momentum	50
Activity Pressure	19
Relative Leadership	96
Next-Week Expectancy	80
Volume	29
Smart Money	62
Risk Control	50

04 · FUNDAMENTALS AND VALUATION

What investors are paying for—and the quality behind it

The latest factor snapshot indicates quality ranks weakly versus its universe; growth ranks weakly; valuation is neither clearly cheap nor expensive.

FACTOR WEEK	STATEMENTS THROUGH	FIELD COVERAGE	MODEL CONFIDENCE
26 Jul 2026	31 Jul 2025	91%	91%
Latest published factor snapshot.	Financial reporting period used.	Available factor fields.	Snapshot confidence.

Relative factor standing

Higher display scores are better. Each score is converted from the underlying universe rank, where rank 1 is best.

Overall factor strength	68/100
Value	66/100
Quality	9/100
Momentum	92/100
Growth	21/100

Valuation

How much investors are paying for earnings, sales, and cash flow.

P/E -

Price divided by trailing earnings.

PRICE / SALES 0.1x

Market value relative to trailing revenue.

EV / EBITDA 14.5x

Enterprise value relative to operating cash earnings.

FREE-CASH-FLOW YIELD 11.1%

Free cash flow as a share of enterprise value.

Business quality

Margins and the return generated on invested capital.

GROSS MARGIN 13.4%

Gross profit retained from each unit of revenue.

OPERATING MARGIN 0.4%

Operating profit retained from revenue.

FREE-CASH-FLOW MARGIN 2.2%

Free cash flow generated from revenue.

RETURN ON INVESTED CAPITAL 1.9%

Operating return generated on invested capital.

04 · FUNDAMENTALS AND VALUATION · CONTINUED

Growth, shareholder returns, and balance-sheet strength

The second half of the fundamental read separates recent business growth from cash returned to shareholders and financial leverage.

Growth and financial strength

Recent business growth and accounting strength.

REVENUE GROWTH Latest one-year revenue growth.	**-3.2%**
EPS GROWTH Latest one-year earnings-per-share growth.	**-**
FREE-CASH-FLOW GROWTH Latest one-year free-cash-flow growth.	**-14.7%**
PIOTROSKI F-SCORE Nine-point accounting-strength checklist.	**4/9**

Shareholder return and balance sheet

Cash returned to owners and financial leverage.

DIVIDEND YIELD Cash dividends relative to market value.	**-**
BUYBACK YIELD Net share repurchases relative to market value.	**0.0%**
SHAREHOLDER YIELD Dividend yield plus net buyback yield.	**0.0%**
NET DEBT / EBITDA Balance-sheet debt relative to operating cash earnings.	**7.4x**

How to read this

Quality and valuation are separate questions. A strong company can still carry a demanding valuation, so profitability, growth, balance-sheet strength, and the price paid for those characteristics should be assessed independently.

The latest factor snapshot indicates quality ranks weakly versus its universe; growth ranks weakly; valuation is neither clearly cheap nor expensive.

05 · OWNERSHIP, OPTIONS, AND SENTIMENT

What other market participants are doing

Options, insider transactions, market sentiment, and activity-pressure signals can confirm or challenge the price story. None should be used alone.

Options positioning

Bearish

UNFI shows bearish options pressure with a 39/100 conviction score, put-call volume ratio of 1.62, expected move of 8.1%, and Sharemaestro trend signal active.

CONVICTION	EXPECTED MOVE	PUT/CALL VOLUME
39/100	8.1%	1.62
Options signal conviction.	Nearest-chain pricing.	Contract volume balance.

Pressure	-26
Speculation	8
Volatility	60
Trend agreement	76

Insider activity

1 / 6

1 acquisitions and 6 disposals in the latest 180-day insider tape.
Acquisitions / disposals over the latest 180 days. Insider activity is context, not a stand-alone signal.

News sentiment

52/100

Weighted news tone is neutral across 51 relevant articles.

11 positive · 32 neutral · 8 negative

Patient Capital

Quiet

Activity-pressure buy-signal evidence highlights potential institutional accumulation windows.
No recent buy signal

06 · CATALYSTS AND RISK

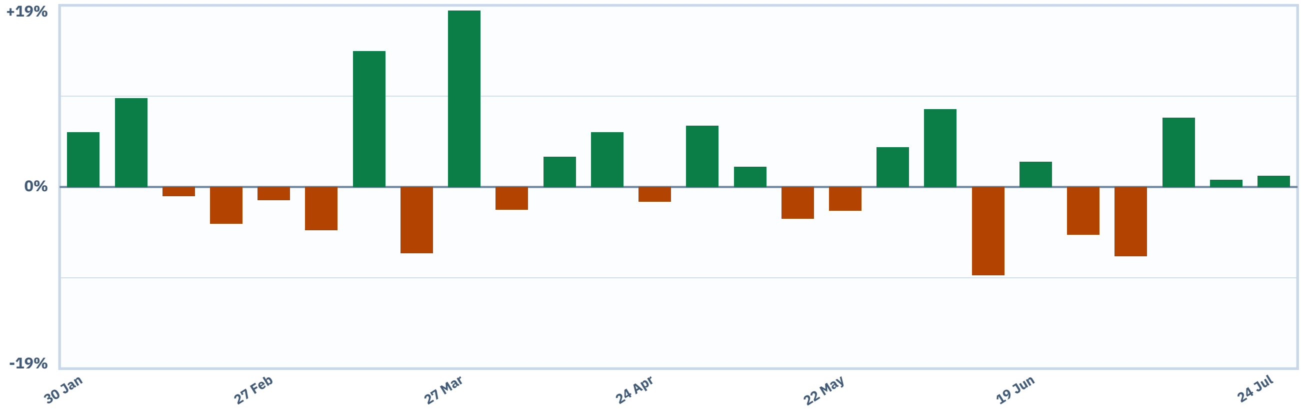
What can move the shares—and how volatile the path has been

Event timing, options-implied movement, drawdown, and weekly gains and losses frame the risk around the current setup.

NEXT EARNINGS	OPTIONS EXPECTED MOVE	52-WEEK DRAWDOWN	13-WEEK VOLATILITY
61d	**8.1%**	**-12.9%**	**5.3%**
Next report is scheduled for 29 Sep 2026; event risk rises as the date approaches.	Nearest-chain priced movement where available.	Distance below the 52-week high.	Standard deviation of weekly returns.

Weekly gains and losses

Each bar is one completed week. Gains rise above zero; losses fall below it. Taller bars mean a larger move.



WEEKS HIGHER	BEST WEEK	WORST WEEK	LATEST WEEK
14 of 26	**+18.5%**	**-9.2%**	**+1.2%**
12 weeks finished lower.	Week of 27 Mar.	Week of 12 Jun.	Week of 24 Jul.

Shape of recent returns

Strong gains	9
Modest gains	5
Flat weeks	-
Modest losses	7
Sharp losses	5

RECENT VOL	BASE VOL
5.3%	**6.7%**
13-week weekly-return volatility.	52-week weekly-return volatility.

UP/DOWN SPLIT	AVERAGE SKEW
31/21	**5.2% / -4.4%**
Count of positive and negative weeks in the 52-week window.	Average positive week versus average negative week.

07 · SECTOR AND PEER CONTEXT

Is this stock leading—or simply moving with its group?

Sector and industry breadth distinguish company-specific strength from a broad group move.

Sector · US Consumer Defensive

4-WEEK RANK
28 / 100
Standing within the tracked group.

GROUP AVERAGE
-0.3%
Average four-week return.

TREND BREADTH
49.0%
Share of peers with an active trend.

Peer	Exchange	1W return	4W return	Trend
COTY	NYSE	1.5%	38.0%	Inactive
DAR	NYSE	-1.0%	19.0%	Active
ELF	NYSE	5.0%	14.7%	Inactive
IPAR	NASDAQ	-0.6%	13.5%	Active
CALM	NASDAQ	2.0%	12.6%	Active

Industry · US Food Distribution

4-WEEK RANK
3 / 10
Standing within the tracked group.

GROUP AVERAGE
-1.2%
Average four-week return.

TREND BREADTH
60.0%
Share of peers with an active trend.

Peer	Exchange	1W return	4W return	Trend
ANDE	NASDAQ	-1.9%	9.7%	Active
AVO	NASDAQ	-8.6%	1.3%	Inactive
UNFI	NYSE	1.2%	1.1%	Active
SYY	NYSE	1.7%	1.0%	Inactive
PFGC	NYSE	-0.2%	1.0%	Active

08 · EVIDENCE AND WEEKLY DATA

The underlying research record

Every top-level statement should be traceable to a stored market, fundamental, event, or positioning observation.

Cross-signal evidence matrix

Evidence pillar	Score / read	Summary	Detail
Weekly tape	64/100	Trend, activity pressure, participation, and risk combine to a 64/100 tape read.	
Indicator analysis	75/100	Latest 12-week confirmation: trend 12/12, activity pressure 9/12, relative leadership 12/12.	Activity pressure 0.86; 9 reversal markers
Next-Week Expectancy	Positive 60.86%	Next-week expectancy is positive with a 60.86% historical one-week setup read.	Adds short-term historical context without overriding trend, activity, or relative leadership.
Factors	56/100	O'Shaughnessy factor stack blends value, quality, momentum, and confidence.	Buyback Yield rank 68; Small Cap Core rank 33
SVQF	3/100	Value and quality alignment from the Sharemaestro SVQF framework.	Composite rank 983.0 of 1013
Patient Capital	Quiet	Activity-pressure buy-signal evidence highlights potential institutional accumulation windows.	No recent buy signal
Options	52/100	UNFI shows bearish options pressure with a 39/100 conviction score, put-call volume ratio of 1.62, expected move of 8.1%, and Sharemaestro trend signal active.	Bearish · Put-side pressure · Expected move 8.1%
Sentiment	52/100	Weighted news tone is neutral across 51 relevant articles.	JCP Investment Management LLC Purchases 31,071 Shares of United Natural Foods, Inc. $UNFI
Insiders	1 / 6	1 acquisitions and 6 disposals in the latest 180-day insider tape.	
Earnings	61d	Next report is scheduled for 29 Sep 2026; event risk rises as the date approaches.	

Current evidence clusters

PRICE FOLLOW-THROUGH

1.2%

Latest completed week; four-week move 1.1%.

INDICATOR STACK

93/19

Trend and activity pressure are weighted against the latest 12-week confirmation window.

TREND BACKDROP

Active

The trend backdrop defines the current weekly regime.

PATIENT CAPITAL

Quiet

Activity-pressure buy-signal status for institutional accumulation timing.

NEXT-WEEK EXPECTANCY

Positive 60.86%

Historical one-week expectancy contributes to the evidence score when direction is confirmed.

OPTIONS PRESSURE

Bearish

39/100 conviction; expected move 8.1%.

NEWS SENTIMENT

52/100

51 relevant articles in the latest sentiment read.

EVENT RISK

61d

Next report is scheduled for 29 Sep 2026; event risk rises as the date approaches.

08 · EVIDENCE AND WEEKLY DATA · CONTINUED

Recent completed weeks

The completed weekly bars behind the report provide a compact audit trail for price, trend, Fair Value, activity pressure, leadership, and volume.

Week	Close	Return	Trend Line	Fair Value	Pressure	Leadership	Volume	Trend
24 Jul 2026	49.67 USD	1.2%	44.57 USD	26.20 USD	-0.81	15.96	2.1M	On
17 Jul 2026	49.10 USD	0.5%	44.03 USD	26.01 USD	-0.55	14.81	2.9M	On
10 Jul 2026	48.87 USD	7.2%	43.51 USD	25.83 USD	-0.26	13.34	2.5M	On
03 Jul 2026	45.57 USD	-7.2%	42.98 USD	25.65 USD	0.17	8.08	2.9M	On
26 Jun 2026	49.13 USD	-5.0%	42.59 USD	25.48 USD	0.73	20.01	4.5M	On
19 Jun 2026	51.71 USD	2.6%	42.20 USD	25.29 USD	0.90	24.59	3.3M	On
12 Jun 2026	50.39 USD	-9.2%	41.64 USD	25.09 USD	0.94	23.95	6.2M	On
05 Jun 2026	55.52 USD	8.1%	41.25 USD	24.90 USD	0.97	38.90	2.8M	On
29 May 2026	51.35 USD	4.1%	40.68 USD	24.68 USD	0.99	26.52	2.0M	On
22 May 2026	49.31 USD	-2.5%	40.22 USD	24.52 USD	1.09	23.94	2.2M	On
15 May 2026	50.57 USD	-3.3%	39.90 USD	24.38 USD	1.20	28.91	3.1M	On
08 May 2026	52.32 USD	2.1%	39.62 USD	24.23 USD	1.20	34.41	3.0M	On
01 May 2026	51.24 USD	6.4%	39.24 USD	24.07 USD	1.09	35.79	2.8M	On
24 Apr 2026	48.15 USD	-1.5%	38.89 USD	23.92 USD	0.98	29.91	2.9M	On

How to use this report

This is a completed-week research summary. It explains the available evidence and its conflicts; it does not predict a guaranteed outcome or replace your own risk assessment. Fundamental figures may refer to an earlier financial reporting period, which is shown in the fundamentals section.

Open the live report · Open the interactive chart · Full disclaimer