

GESTAL KENNETH L
 Form 4
 October 27, 2010

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 Person *
 GESTAL KENNETH L

(Last) (First) (Middle)

C/O UFP TECHNOLOGIES,
 INC., 172 EAST MAIN STREET

(Street)

GEORGETOWN, MA 01833

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol

UFP TECHNOLOGIES INC [UFPT]

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

10/25/2010

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)

Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)
			Code	V	Amount or Price (A) or (D)		
Common Stock, \$.01 Par Value	10/25/2010		M		9,091	A	\$ 1.65 9,091 D
Common Stock, \$.01 Par Value	10/25/2010		M		2,500	A	\$ 1.5 11,591 D
Common Stock, \$.01 Par Value	10/25/2010		M		10,791	A	\$ 1.39 22,382 D
Common Stock, \$.01	10/25/2010		M		2,500	A	\$ 1.2 24,882 D

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Par Value								
Common Stock, \$.01 Par Value	10/25/2010	M	13,750	A	\$ 1.2	38,632	D	
Common Stock, \$.01 Par Value	10/25/2010	M	3,500	A	\$ 1.1	42,132	D	
Common Stock, \$.01 Par Value						18,148	I	By Spouse

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

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(9-02)

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Stock Option (Right to Buy)	\$ 1.65	10/25/2010		M	9,091	06/06/2001 06/06/2011	Common Stock, \$.01 Par Value 9,091
Stock Option (Right to Buy)	\$ 2.87	10/25/2010		M	2,500	07/02/2001 07/02/2011	Common Stock, \$.01 Par Value 2,500
Stock Option (Right to Buy)	\$ 1.39	10/25/2010		M	10,791	06/05/2002 06/05/2012	Common Stock, \$.01 Par Value 10,791
Stock Option (Right to Buy)	\$ 1.2	10/25/2010		M	2,500	07/01/2002 07/01/2012	Common Stock, \$.01 Par Value 2,500

Stock Option (Right to Buy)	\$ 1.2	10/25/2010	M	13,750	06/04/2003	06/04/2013	Common Stock, \$.01 Par Value	13,750
Stock Option (Right to Buy)	\$ 1.1	10/25/2010	M	3,500	07/01/2003	07/01/2013	Common Stock, \$.01 Par Value	3,500

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
GESTAL KENNETH L C/O UFP TECHNOLOGIES, INC. 172 EAST MAIN STREET GEORGETOWN, MA 01833		X		

Signatures

Patrick J. Kinney, Jr. as attorney-in-fact for Kenneth L. Gestal
 Signature: _____ Date: 10/26/2010

__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).

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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