

GOLDEN ENTERPRISES INC  
Form 8-K  
March 18, 2010  
UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, DC 20549

FORM 8-K

CURRENT REPORT  
Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported) March 17, 2010

GOLDEN ENTERPRISES, INC.  
(Exact name of registrant as specified in its charter)

DELAWARE                      0-4339                      63-0250005  
(State or other jurisdiction of    (Commission File Number)    (IRS Employer ID No.)

incorporation)

One Golden Flake Drive, Birmingham, Alabama    35205  
(Address of principal executive offices)                      (Zip Code)

Registrant's telephone number, including area code: (205) 458-7316

N/A  
(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
  - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
  - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
  - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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Item 8.01 Other Events

On March 17, 2010 the Company issued a press release, a copy of which is included with this Report as Exhibit 99.1.

(c) Exhibits.

Exhibit No.	Description
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99.1	Press Release dated March 17, 2010
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SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: March 17, 2010

GOLDEN ENTERPRISES, INC.

By: /s/ Patty Townsend

Patty Townsend

Vice President, CFO & Secretary

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Exhibit Index

Exhibit No.	Description
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99.1	Press Release dated March 17, 2010
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