

Item 7.01. Regulation FD Disclosure.

On July 18, 2016, Post Holdings, Inc. (the "Company") announced its Board of Directors declared a quarterly dividend of \$0.9375 per share on the Company's 3.75% Series B Cumulative Perpetual Convertible Preferred Stock, for the dividend period from the date of May 15, 2016 to August 14, 2016. The Board of Directors also declared a quarterly dividend of \$0.625 per share on the Company's 2.5% Series C Cumulative Perpetual Convertible Preferred Stock, for the dividend period from the date of May 15, 2016 to August 14, 2016. Both dividends will be paid on August 15, 2016 to preferred shareholders as of August 1, 2016.

A copy of the press release announcing the dividend declaration is attached hereto as Exhibit 99.1 and incorporated by reference herein.

The information furnished pursuant to this Item 7.01, including the attached exhibit, shall not be deemed "filed" for purposes of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), or otherwise subject to the liabilities of such section, nor shall such information or exhibit be deemed incorporated by reference into any filing under the Securities Act of 1933, as amended, or Exchange Act, except as shall be expressly set forth by specific reference in such a filing.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits.

See Exhibit Index.

SIGNATURES

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 thereunto duly authorized.

Date: July 18, 2016 Post Holdings, Inc.
(Registrant)

By: /s/ Diedre J. Gray
Name: Diedre J. Gray
Title: SVP, General Counsel & Chief Administrative Officer, Secretary

EXHIBIT INDEX

Exhibit No. Description

99.1 Press Release dated July 18, 2016

4