

17 December 2015

Director/PDMR shareholding

J Sainsbury plc (the "Company") granted options over Ordinary Shares of 28 ⁴/₇p each in the Company on 17 December 2015 under the Company's Save-As-You-Earn Scheme at an option price of 195.00 pence per share to the persons listed below:

PDMR	Number of shares granted	Options exercisable between
Sarah Warby	2,086 shares	1 March 2018 and 31 August 2018
Paul Mills-Hicks	2,086 shares	1 March 2018 and 31 August 2018

This announcement is made in accordance with the requirements of DTR 3.1.4.

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