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**Statement Under Oath of Principal Executive Officer
Regarding Facts and Circumstances Relating to Exchange Act Filings**

I, Alfred A. Plamann, President and Chief Executive Officer of Unified Western Grocers, Inc., state and attest that:

1. To the best of my knowledge, based upon a review of the covered reports of Unified Western Grocers, Inc., and , except as corrected or supplement in a subsequent covered report:
 - no covered report contained an untrue statement of a material fact as of the end of the period covered by such report (or in the case of a report on Form 8-K or definitive proxy materials, as of the date on which it was filed); and
 - no covered report omitted to state a material fact necessary to make the statements in the covered report, in the light of circumstances under which they were made, not misleading as of the end of the period covered by such report (or in the case of a report on Form 8-K or definitive proxy materials, as of the date on which it was filed).
2. I have reviewed the contents of this statement with the Company's audit committee.
3. In this statement under oath, each of the following, if filed on or before the date of this statement, is as "covered report":
 - Annual Report on Form 10-K for the fiscal year ended September 28, 2002 of Unified Western Grocers, Inc.;
 - All reports on Form 10-Q, all reports on Form 8-K and all definitive proxy materials of Unified Western Grocers, Inc. filed with the Commission subsequent to the filing of the Form 10-K identified above; and
 - Any amendments to any of the foregoing.

Alfred A. Plamann
Alfred A. Plamann
January 14, 2003

Subscribed and sworn to
before me on this 14th day of
January, 2003

RECEIVED
OFFICE OF THE SECRETARY

JAN 14 2003

Sossi A. Andonian
Notary Public

My Commission Expires: *April 26, 2006*

