

RAZMINAS VYTO F  
Form 4  
February 10, 2010

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
Expires: January 31, 2005  
Estimated average burden hours per response... 0.5

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 \*  
RAZMINAS VYTO F

(Last) (First) (Middle)  
1310 MILLPOND ROAD  
(Street)

THOMASVILLE, GA 31792

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
FLOWERS FOODS INC [FLO]

3. Date of Earliest Transaction  
(Month/Day/Year)  
02/08/2010

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)  
SVP&Chief Information Officer

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 Indirect Beneficial Ownership (Instr. 4) |        |   |                          |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|---|--------|---|--------------------------|
|                                 |                                      |  | Code                           | V   | Amount  | (A) or (D)   | Price   |        |   |                          |
| Common Stock                    | 02/08/2010                           |  | M                              |   | 9,825   | A  | \$ 19.57  | 19,958 | D |                          |
| Common Stock                    | 02/09/2010                           |  | S                              |   | 8,610   | D  | \$ 24.6622  | 11,348 | D |                          |
| Common Stock                    | 02/09/2010                           |  | M                              |   | 2,760   | A  | \$ 24.24  | 14,108 | D |                          |
| Common Stock                    | 02/09/2010                           |  | F                              |   | 967   | D  | \$ 24.24  | 13,141 | D |                          |
| Common Stock                    | 02/09/2010                           |  | M                              |   | 540   | A  | \$ 24.24  | 872    | I | By Spouse <sup>(3)</sup> |

Edgar Filing: RAZMINAS VYTO F - Form 4

|              |            |   |     |   |          |     |   |                          |
|--------------|------------|---|-----|---|----------|-----|---|--------------------------|
| Common Stock | 02/09/2010 | F | 208 | D | \$ 24.24 | 664 | I | By Spouse <sup>(3)</sup> |
| Common Stock |            |   |     |   |          | 76  | I | 401(k) <sup>(4)</sup>    |

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

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

SEC 1474  
(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) | Amount or Number of Share |
|--|--|--------------------------------------|--|--------------------------------|---|--|-----------------|---|---------------------------|
|  |  |                                      |  | Code                           | V (A) (D)   | Date Exercisable   | Expiration Date | Title   |                           |
| Option (Right to Buy) <sup>(1)</sup>       | \$ 19.57   | 02/08/2010                           |  | M                              | 9,825   | 02/05/2010   | 02/05/2014      | Common Stock  | 9,825                     |
| Restricted Stock Award <sup>(1)</sup>      | \$ 0   | 02/09/2010                           |  | A                              | 460   | 02/04/2010   | <sup>(2)</sup>  | Common Stock  | 460                       |
| Restricted Stock Award <sup>(1)</sup>      | \$ 0   | 02/09/2010                           |  | M                              | 2,760   | 02/04/2010   | <sup>(2)</sup>  | Common Stock  | 2,760                     |
| Restricted Stock Award <sup>(1)</sup>      | \$ 0   | 02/09/2010                           |  | A                              | 90  | 02/04/2010   | <sup>(2)</sup>  | Common Stock  | 90                        |
| Restricted Stock Award <sup>(1)</sup>      | \$ 0   | 02/09/2010                           |  | M                              | 540   | 02/04/2010   | <sup>(2)</sup>  | Common Stock  | 540                       |
| Option (Right to Buy) <sup>(1)</sup>       | \$ 19.57   |                                      |  |                                |   | 02/05/2010   | 02/05/2014      | Common Stock  | 1,725                     |
| Option (Right to Buy) <sup>(1)</sup>       | \$ 18.68   |                                      |  |                                |   | 01/03/2009   | 01/03/2013      | Common Stock  | 9,075                     |

|                                       |          |            |            |              |        |
|---------------------------------------|----------|------------|------------|--------------|--------|
| Restricted Stock Award <sup>(1)</sup> | \$ 0     | 02/05/2009 | <u>(2)</u> | Common Stock | 0      |
| Restricted Stock Award <sup>(1)</sup> | \$ 0     | 02/05/2009 | <u>(2)</u> | Common Stock | 0      |
| Option (Right to Buy) <sup>(1)</sup>  | \$ 24.75 | 02/04/2011 | 02/04/2015 | Common Stock | 9,400  |
| Option (Right to Buy) <sup>(1)</sup>  | \$ 24.75 | 02/04/2011 | 02/04/2015 | Common Stock | 1,800  |
| Option (Right to Buy) <sup>(1)</sup>  | \$ 23.84 | 02/09/2012 | 02/09/2016 | Common Stock | 12,550 |
| Option (Right to Buy) <sup>(1)</sup>  | \$ 23.84 | 02/09/2012 | 02/09/2016 | Common Stock | 2,000  |
| Restricted Stock Award <sup>(1)</sup> | \$ 0     | 02/09/2011 | <u>(2)</u> | Common Stock | 2,600  |
| Restricted Stock Award <sup>(1)</sup> | \$ 0     | 02/09/2011 | <u>(2)</u> | Common Stock | 400    |

## Reporting Owners

| Reporting Owner Name / Address                                 | Relationships |           |                               |       |
|--|---------------|-----------|-------------------------------|-------|
|  | Director      | 10% Owner | Officer                       | Other |
| RAZMINAS VYTO F<br>1310 MILLPOND ROAD<br>THOMASVILLE, GA 31792 |               |           | SVP&Chief Information Officer |       |

## Signatures

/s/ Stephen R. Avera,  
Agent

02/10/2010

          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).

(1) Granted pursuant to the Flowers Foods, Inc. 2001 Equity and Performance Incentive Plan.

(2) Grant expires on Exercisable Date if performance measures are not met.

## Edgar Filing: RAZMINAS VYTO F - Form 4

(3) Beneficial ownership is disclaimed.

(4) Total includes exempt acquisitions of shares allocated to reporting person in Issuer's 401(k) Plan, as of 12/31/2009.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.