McMullian Ryals Form 3 August 25, 2017

FORM 3

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

OMB APPROVAL

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INITIAL STATEMENT OF 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 * McMullian Ryals			2. Date of Event Requiring Statement (Month/Day/Year)		3. Issuer Name and Ticker or Trading Symbol FLOWERS FOODS INC [FLO]			
(Last)	(First)	(Middle)	08/18/2017		4. Relationship of Reporting Person(s) to Issuer		g	5. If Amendment, Date Original Filed(Month/Day/Year)
2922 IVANHOE ROAD					(2)			•
(Street) TALLAHASSEE, FL 32312						all applicable	e)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person
					Director 10% Owner Officer Other (give title below) (specify below) Chief Strategy Officer		er low)	
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Beneficially Owned					
1.Title of Securi (Instr. 4)	ty			2. Amount of Beneficially (Instr. 4)		3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nat Owne (Instr.	•
Common Sto	ck			509,719		D	Â	
Common Sto			3,611		I	By 4	By 401(k) (1)	
Common Sto	ck			15,587		I	By S	pouse (2)
Common Sto	ck			72,523		I	By T	rusts for Minor Children (2)
Reminder: Report owned directly o	ch class of secu	ally S	EC 1473 (7-0	2)				
Persons who respond to the collection of								

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

information contained in this form are not required to respond unless the form displays a

currently valid OMB control number.

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1. Title of Derivative Security (Instr. 4)

2. Date Exercisable and **Expiration Date** (Month/Day/Year)

3. Title and Amount of Securities Underlying **Derivative Security** (Instr. 4)

Conversion or Exercise Price of Derivative Security

5. Ownership Form of Derivative Security:

Direct (D)

6. Nature of Indirect Beneficial Ownership (Instr. 5)

Expiration Date Exercisable Date

Amount or Title Number of Shares

or Indirect (I) (Instr. 5)

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

McMullian Ryals

2922 IVANHOE ROAD TALLAHASSEE, FLÂ 32312

Chief Strategy Officer Â

Signatures

/s/ Stephen R. Avera,

08/25/2017

**Signature of Reporting

Agent

Date

Explanation of Responses:

- If the form is filed by more than one reporting person, see Instruction 5(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) Shares allocated to account of reporting person under Issuer's 401(k) Plan, as of a statement dated 08/10/2017.
- (2) Beneficial ownership is disclaimed.
- Total of shares held in irrevocable trusts established for the benefit of reporting person's minor children, over which shares reporting person does not have investment authority or voting or dispositive power.

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. >

/s/ Sarah Mock, attorney-in-fact for Mellody L.

11/17/2010

Hobson

**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).

Remarks:

Exhibit 24 - Power of Attorney is attached to this filing.

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