

FLOWERS FOODS INC
Form 4
June 05, 2013

FORM 4

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

OMB APPROVAL

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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 *
WARD JACKIE M

(Last) (First) (Middle)
4780 GAIDREW COURT
(Street)

JOHN'S CREEK, GA 30022

(City) (State) (Zip)

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

3. Date of Earliest Transaction (Month/Day/Year)
05/22/2013

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)

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 Ownership (Instr. 4)
Common Stock				(A) or (D) Price	129,322	D	
Common Stock				(A) or (D) Price	15,988	I	Flowers Stock Tracking A/C ⁽¹⁾

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

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SEC 1474 (9-02)

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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)	8. Price of Derivative Security (Instr. 3)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>	05/22/2013		A	630	05/22/2015	<u>(4)</u>	Common Stock	630	\$ 0
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					06/05/2008	<u>(4)</u>	Common Stock	5,152	
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					02/05/2009	<u>(4)</u>	Common Stock	7,695	
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					06/03/2009	<u>(4)</u>	Common Stock	5,370	
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					01/02/2010	<u>(4)</u>	Common Stock	8,310	
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					06/09/2010	<u>(4)</u>	Common Stock	7,095	
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					01/02/2011	<u>(4)</u>	Common Stock	6,315	
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					06/05/2011	<u>(4)</u>	Common Stock	300	
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					06/08/2011	<u>(4)</u>	Common Stock	6,030	
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					05/27/2012	<u>(4)</u>	Common Stock	5,040	
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					06/05/2013	<u>(4)</u>	Common Stock	4,780	
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					01/03/2014	<u>(4)</u>	Common Stock	6,110	
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					05/28/2014	<u>(4)</u>	Common Stock	3,610	
Deferred Stock <u>(2)</u>	<u>(3)</u>					01/02/2015	<u>(4)</u>	Common Stock	4,820	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WARD JACKIE M 4780 GAIDREW COURT JOHN'S CREEK, GA 30022	X			

Signatures

/s/ Stephen R. Avera,
Agent 06/05/2013

__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).
 Under the terms of the Flowers Foods Executive Deferred Compensation Plan, reporting person elected to have a portion of plan contributions valued as shares of the issuer's common stock, as of the closing stock price on 01/02/2009. Each unit of the Flowers Stock Tracking Account is the equivalent of one share of issuer's common stock.
 - (1) contributions valued as shares of the issuer's common stock, as of the closing stock price on 01/02/2009. Each unit of the Flowers Stock Tracking Account is the equivalent of one share of issuer's common stock.
 - (2) Granted pursuant to the Flowers Foods, Inc. 2001 Equity and Performance Incentive Plan.
 - (3) In accordance with the terms of the Deferred Shares Agreement for Directors, the deferred shares awarded do not have a conversion or exercise price.
 - (4) No expiration date.

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