

FLOWERS FOODS INC
Form 4
February 11, 2014

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2015
Estimated average burden hours per response... 0.5

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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 *
BURKE FRANKLIN L

(Last) (First) (Middle)

8058 CHARLESTON HIGHWAY

(Street)

WALTERBORO, SC 29488

(City) (State) (Zip)

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

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

02/10/2014

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)
			Code	V	Amount	(D)	Price
Common Stock	02/10/2014		P		3,790	A	\$ 19.4306 <u>(1)</u>
Common Stock							63,257
Common Stock <u>(2)</u>							6,787
							By Spouse Flowers Stock Tracking A/C <u>(3)</u>

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

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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)	8. Price of Derivative Security (Instr. 5)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Deferred Stock <u>(2)</u>	\$ 0 <u>(4)</u>					06/05/2008	<u>(5)</u>	Common Stock	7,728
Deferred Stock <u>(2)</u>	\$ 0 <u>(4)</u>					02/05/2009	<u>(5)</u>	Common Stock	11,542
Deferred Stock <u>(2)</u>	\$ 0 <u>(4)</u>					06/03/2009	<u>(5)</u>	Common Stock	8,055
Deferred Stock <u>(2)</u>	\$ 0 <u>(4)</u>					01/02/2010	<u>(5)</u>	Common Stock	12,465
Deferred Stock <u>(2)</u>	\$ 0 <u>(4)</u>					06/09/2010	<u>(5)</u>	Common Stock	10,642
Deferred Stock <u>(2)</u>	\$ 0 <u>(4)</u>					06/08/2011	<u>(5)</u>	Common Stock	9,045
Deferred Stock <u>(2)</u>	\$ 0 <u>(4)</u>					05/27/2012	<u>(5)</u>	Common Stock	7,560
Deferred Stock <u>(2)</u>	\$ 0 <u>(4)</u>					06/05/2013	<u>(5)</u>	Common Stock	7,170
Deferred Stock <u>(2)</u>	\$ 0 <u>(4)</u>					05/28/2014	<u>(5)</u>	Common Stock	5,415
Deferred Stock <u>(2)</u>	<u>(4)</u>					01/02/2015	<u>(5)</u>	Common Stock	7,230
Deferred Stock <u>(2)</u>	\$ 0 <u>(4)</u>					05/22/2015	<u>(5)</u>	Common Stock	945
Deferred Stock <u>(2)</u>	\$ 0 <u>(4)</u>					01/02/2016	<u>(5)</u>	Common Stock	6,340

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BURKE FRANKLIN L 8058 CHARLESTON HIGHWAY WALTERBORO, SC 29488			X	

Signatures

/s/ Stephen R. Avera,
Agent

02/11/2014

__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) Average of trade executions in price range from \$19.4182 to \$19.4346 per share.
- (2) Granted pursuant to the Flowers Foods, Inc. 2001 Equity and Performance Incentive Plan.
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.
- (4) In accordance with the terms of the Deferred Shares Agreement for Directors, the deferred shares awarded do not have a conversion or exercise price.
- (5) No expiration date.

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.