### 1 800 FLOWERS COM INC

Form 4

Stock

Class A

November 0	3 2016											
	П Л									PPROVAL		
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								OMB Number:	3235-0287			
Check th		vv as	washington, D.C. 2034)					Expires:	January 31,			
if no long subject to Section 1 Form 4 o Form 5	5 STATEN 16. or	F CHANGES IN BENEFICIAL OWN SECURITIES						Estimated a burden hou response	rs per			
Form 5 obligations may continue. See Instruction 1(b).  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 I	Responses)											
MCCANN CHRISTOPHER G Symbol								5. Relationship of Reporting Person(s) to Issuer				
	1 800 FLOWERS COM INC [FLWS]					(Check all applicable)						
				of Earliest Transaction /Day/Year)				_X_ Director _X_ 10% Owner _X_ Officer (give title Other (specify				
				0/31/2016				below) below) President and CEO				
Filed(Mon				endment, Date Original nth/Day/Year)				<ul> <li>6. Individual or Joint/Group Filing(Check</li> <li>Applicable Line)</li> <li>_X_ Form filed by One Reporting Person</li> <li> Form filed by More than One Reporting</li> </ul>				
CARLE PL	ACE, NY 11514							Person		1		
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative S	Securi	ties Acq	uired, Disposed of	, or Beneficial	ly Owned		
1.Title of Security (Instr. 3)	(Month/Day/Year) Execution Date, if		3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)				
Class A				Code V	Amount	or (D)	Price	(Instr. 3 and 4)				
Class A Common Stock	10/31/2016			F	7,717 (1)	D	\$ 9.55	1,570,813	D			
Class A Common Stock	11/01/2016			F	28,589 (1)	D	\$ 8.9	1,542,224	D			
Class A Common								180,924	I	Indirect (2)		

Indirect (3)

I

110

Common Stock

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	2. Conversion	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if	4. Transacti	5. orNumber	6. Date Exer Expiration D		7. Titl		8. Price of Derivative	9. Nu Deriv
Security	or Exercise	(monan Day) Tour)	, and the second se	Code	of	(Month/Day/		Under		Security	Secui
2	Price of		(Month/Day/Voor)	(Instr. 8)	Derivativ	`	( i cai)	Secur	, ,		
(Instr. 3)			(Month/Day/Year)	(111811. 8)						(Instr. 5)	Bene
	Derivative				Securities			(Instr.	. 3 and 4)		Own
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
					, ,						
									Amount		
						Date	Expiration		or		
							*	Title	Number		
						Exercisable	Date		of		
				Code V	(A) (D)				Shares		

## **Reporting Owners**

Reporting Owner Name / Address	Relationships						
·F. · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other			
MCCANN CHRISTOPHER G ONE OLD COUNTRY ROAD SUITE 500 CARLE PLACE, NY 11514	X	X	President and CEO				

# **Signatures**

Christopher G.

McCann

\*\*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) Transaction is a deemed disposition that is exempt under Section 16(b) of the Exchange Act consisting of the withholding for tax purposes of shares of Common Stock by the Company upon the vesting of restricted shares of Common Stock.
- (2) Shares held by a Grantor Retained Annuity Trust of which Reporting Person is the Trustee.

Reporting Owners 2

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(3) Shares held by Reporting Person as custodian for his son

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.