

FLOWERS FOODS INC  
Form 4  
January 03, 2014

**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)  
01/02/2014

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 Indirect Beneficial Ownership (Instr. 4)
Common Stock				(A) or (D) Price	193,983	D	
Common Stock				(A) or (D) Price	23,982	I	Flowers Stock Tracking A/C <sup>(1)</sup>

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. Pr Deri Secu (Instr. 3 and 4)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>	01/02/2014		A	6,340	01/02/2016	<u>(4)</u>	Common Stock	6,340
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					06/05/2008	<u>(4)</u>	Common Stock	7,728
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					02/05/2009	<u>(4)</u>	Common Stock	11,542
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					06/03/2009	<u>(4)</u>	Common Stock	8,055
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					01/02/2010	<u>(4)</u>	Common Stock	12,465
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					06/09/2010	<u>(4)</u>	Common Stock	10,642
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					01/02/2011	<u>(4)</u>	Common Stock	9,472
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					06/05/2011	<u>(4)</u>	Common Stock	450
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					06/08/2011	<u>(4)</u>	Common Stock	9,045
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					05/27/2012	<u>(4)</u>	Common Stock	7,560
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					06/05/2013	<u>(4)</u>	Common Stock	7,170
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					01/03/2014	<u>(4)</u>	Common Stock	9,165
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					05/28/2014	<u>(4)</u>	Common Stock	5,415
Deferred Stock <u>(2)</u>	<u>(3)</u>					01/02/2015	<u>(4)</u>	Common Stock	7,230
Deferred Stock <u>(2)</u>	\$ 0 <u>(3)</u>					05/22/2015	<u>(4)</u>	Common Stock	945

## 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

01/03/2014

\_\_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).  
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) Granted pursuant to the Flowers Foods, Inc. 2001 Equity and Performance Incentive Plan.
- (2) In accordance with the terms of the Deferred Shares Agreement for Directors, the deferred shares awarded do not have a conversion or exercise price.
- (3) No expiration date.

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