

FERNANDEZ MANUEL A
Form 4
January 06, 2010

FORM 4

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

Check this box
if no longer
subject to
Section 16.
Form 4 or
Form 5
obligations
may continue.
See Instruction
1(b).

**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

OMB APPROVAL

OMB
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(Print or Type Responses)

1. Name and Address of Reporting Person *
FERNANDEZ MANUEL A

(Last) (First) (Middle)

12600 GATEWAY BOULEVARD

(Street)

FORT MYERS, FL 33913

(City) (State) (Zip)

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

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

01/04/2010

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)	2,854	I	Flowers Stock Tracking A/C ⁽¹⁾
Common Stock					9,472	D	

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

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information contained in this form are not
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(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 or Value of Underlying Securities (Instr. 3 and 4)
				Code	V	(A)	(D)	
Deferred Stock <u>(2)</u>	\$ 0	01/04/2010		A		4,490	01/04/2012 <u>(3)</u>	Common Stock 4,490
Deferred Stock <u>(2)</u>	\$ 0						06/09/2010 <u>(3)</u>	Common Stock 4,730
Deferred Stock <u>(2)</u>	\$ 0						06/03/2009 <u>(3)</u>	Common Stock 3,580
Deferred Stock <u>(2)</u>	\$ 0						06/05/2008 <u>(3)</u>	Common Stock 3,435
Deferred Stock <u>(2)</u>	\$ 0						06/05/2011 <u>(3)</u>	Common Stock 200
Deferred Stock <u>(2)</u>	\$ 0						01/02/2011 <u>(3)</u>	Common Stock 4,210
Deferred Stock <u>(2)</u>	\$ 0						01/02/2010 <u>(3)</u>	Common Stock 5,540
Deferred Stock <u>(2)</u>	\$ 0						02/05/2009 <u>(3)</u>	Common Stock 5,130

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
FERNANDEZ MANUEL A 12600 GATEWAY BOULEVARD FORT MYERS, FL 33913	X

Signatures

/s/ Stephen R. Avera,
Agent 01/06/2010

**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
(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) 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.

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