

FERNANDEZ MANUEL A
Form 4
January 06, 2010

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
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 *
FERNANDEZ MANUEL A

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
12600 GATEWAY BOULEVARD

(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
01/04/2010

Director 10% Owner
 Officer (give title below) Other (specify below)

FORT MYERS, FL 33913

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

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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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 (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 Secur (Inst	
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Deferred Stock ⁽²⁾	\$ 0	01/04/2010		A	4,490	01/04/2012 ⁽³⁾	Common Stock	4,490	\$
Deferred Stock ⁽²⁾	\$ 0					06/09/2010 ⁽³⁾	Common Stock	4,730	
Deferred Stock ⁽²⁾	\$ 0					06/03/2009 ⁽³⁾	Common Stock	3,580	
Deferred Stock ⁽²⁾	\$ 0					06/05/2008 ⁽³⁾	Common Stock	3,435	
Deferred Stock ⁽²⁾	\$ 0					06/05/2011 ⁽³⁾	Common Stock	200	
Deferred Stock ⁽²⁾	\$ 0					01/02/2011 ⁽³⁾	Common Stock	4,210	
Deferred Stock ⁽²⁾	\$ 0					01/02/2010 ⁽³⁾	Common Stock	5,540	
Deferred Stock ⁽²⁾	\$ 0					02/05/2009 ⁽³⁾	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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