Edgar Filing: FLOWERS FOODS INC - Form 4

FLOWERS FC	OODS INC										
Form 4											
June 07, 2007 FORM 4 LINITED STATES SECURITIES AND EXCHANCE COMMISSION							OMB APPROVAL				
	UNITED 5	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								3235-0287	
Check this b if no longer subject to Section 16. Form 4 or											
Form 5 obligations may continu <i>See</i> Instruct 1(b).	e. Section 17(a)	response 0.5 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 Res	ponses)										
1. Name and Address of Reporting Person <u>*</u> BEVERLY JOE E			2. Issuer Name and Ticker or Trading Symbol FLOWERS FOODS INC [FLO]					5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (Mi	iddle)	3. Date of Earliest Transaction				(Check all applicable)				
(Mor			(Month/Day/Year) 06/05/2007					X_ Director 10% Owner Officer (give title Other (specify below) below)			
				If Amendment, Date Original led(Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
THOMASVIL	LE, GA 31792							Person	Nore than One Ro	eporting	
(City)	(State) (Z	Zip)	Table	e I - Non-Do	erivative S	Securi	ties Ac	quired, Disposed of	f, or Beneficial	lly Owned	
	any		ned n Date, if Day/Year)	3.4. SecuritiesTransactionAcquired (A) orCodeDisposed of (D)(Instr. 8)(Instr. 3, 4 and 5))	Securities Beneficially Owned	5. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)			
Common Stock	06/06/2007			М	2,564	А	\$0	52,701	D		
Common Stock								31,036 <u>(1)</u>	I	By Spouse	

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.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
 (e.g., puts, calls, warrants, options, convertible securities)

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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. Transactic Code (Instr. 8)	orDerivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
2007 Deferred Stock Grant <u>(2)</u>	\$ 0	06/05/2007		A	2,290		06/05/2008	(3)	Common Stock	2,290
Restricted Stock Award (2)	\$ 0	06/06/2007		М		2,564	06/06/2007	<u>(3)</u>	Common Stock	2,564

Reporting Owners

Reporting Owner Name / Address	Relationships							
		10% Owner	Officer	Other				
BEVERLY JOE E 1132 GORDON AVENUE THOMASVILLE, GA 31792	Х							
Signatures								
Stephen R. Avear, Agent	06/07/2007	7						
<u>**</u> Signature of Reporting	Date							

<u>**</u>Signature of Reporting Person

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) Beneficial ownership is disclaimed.
- (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. 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.