

FERNANDEZ MANUEL A
Form 4
May 29, 2013

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2015
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)
05/24/2013

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

FORT MYERS, FL 33913

(City) (State) (Zip)

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

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 Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|
| | | | | (A) or (D) Price | | | |
| Common Stock | 05/24/2013 | | M | 345 A \$ 0 | 65,086 | 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)

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. 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. De | |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|------------|----------------------------|
| | | | | Code | V (A) (D) | Date Exercisable | Expiration Date | Title | Amount or Number of Shares |
| Deferred Stock ⁽¹⁾ | <u>(2)</u> | 05/24/2013 | | M | | 345 | 05/25/2013 | <u>(3)</u> | Common Stock 345 |
| Deferred Stock ⁽¹⁾ | \$ 0 <u>(2)</u> | 05/28/2013 | | A | | 3,610 | 05/28/2014 | <u>(4)</u> | Common Stock 3,610 |
| Deferred Stock ⁽¹⁾ | \$ 0 <u>(2)</u> | | | | | | 01/04/2012 | <u>(3)</u> | Common Stock 6,735 |
| Deferred Stock ⁽¹⁾ | \$ 0 <u>(2)</u> | | | | | | 05/27/2012 | <u>(3)</u> | Common Stock 5,040 |
| Deferred Stock ⁽¹⁾ | \$ 0 <u>(2)</u> | | | | | | 06/05/2013 | <u>(3)</u> | Common Stock 4,780 |
| Deferred Stock ⁽¹⁾ | <u>(2)</u> | | | | | | 01/02/2015 | <u>(3)</u> | Common Stock 4,820 |

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

FERNANDEZ MANUEL A
12600 GATEWAY BOULEVARD X
FORT MYERS, FL 33913

Signatures

/s/ Stephen R. Avera,
Agent 05/29/2013

**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) 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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(4) None.

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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