

WARD JACKIE M
Form 4
May 29, 2013

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 *
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)
05/24/2013

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	05/24/2013		M	345 A \$ 0	129,322	D	
Common Stock					15,988	I	Flowers Stock Tracking A/C ⁽¹⁾
Common Stock					0	I	By Spouse ⁽²⁾

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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SEC 1474
(9-02)

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)

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. Amount or Number of Shares		
				Code	V	(A)	(D)			
Deferred Stock ⁽³⁾	<u>(4)</u>	05/24/2013		M		345	05/25/2013	<u>(5)</u>	Common Stock	345
Deferred Stock ⁽³⁾	\$ 0 <u>(4)</u>	05/28/2013		A		3,610	05/28/2014	<u>(6)</u>	Common Stock	3,610
Deferred Stock ⁽³⁾	\$ 0 <u>(4)</u>						06/05/2008	<u>(5)</u>	Common Stock	5,152
Deferred Stock ⁽³⁾	\$ 0 <u>(4)</u>						02/05/2009	<u>(5)</u>	Common Stock	7,695
Deferred Stock ⁽³⁾	\$ 0 <u>(4)</u>						06/03/2009	<u>(5)</u>	Common Stock	5,370
Deferred Stock ⁽³⁾	\$ 0 <u>(4)</u>						01/02/2010	<u>(5)</u>	Common Stock	8,310
Deferred Stock ⁽³⁾	\$ 0 <u>(4)</u>						06/09/2010	<u>(5)</u>	Common Stock	7,095
Deferred Stock ⁽³⁾	\$ 0 <u>(4)</u>						01/02/2011	<u>(5)</u>	Common Stock	6,315
Deferred Stock ⁽³⁾	\$ 0 <u>(4)</u>						06/05/2011	<u>(5)</u>	Common Stock	300
Deferred Stock ⁽³⁾	\$ 0 <u>(4)</u>						06/08/2011	<u>(5)</u>	Common Stock	6,030
Deferred Stock ⁽³⁾	\$ 0 <u>(4)</u>						05/27/2012	<u>(5)</u>	Common Stock	5,040
Deferred Stock ⁽³⁾	\$ 0 <u>(4)</u>						06/05/2013	<u>(5)</u>	Common Stock	4,780
Deferred Stock ⁽³⁾	\$ 0 <u>(4)</u>						01/03/2014	<u>(5)</u>	Common Stock	6,110
	<u>(4)</u>						01/02/2015	<u>(5)</u>		4,820

Deferred
Stock ⁽³⁾Common
Stock

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	05/29/2013
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**Signature of Reporting Person	Date
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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) Beneficial ownership is disclaimed.
 - (3) Granted pursuant to the Flowers Foods, Inc. 2001 Equity and Performance Incentive Plan.
 - (4) In accordance with the terms of the Deferred Shares Agreement for Directors, the deferred shares awarded do not have a conversion or exercise price.
 - (5) No expiration date.
 - (6) 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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