

WARD JACKIE M  
Form 4  
January 04, 2013

**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 \*  
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)  
01/02/2013

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 Ownership (Instr. 4)
Common Stock	01/03/2013		M	6,015 A	\$ 0 128,977	D	
Common Stock					15,988	I	Flowers Stock Tracking A/C <sup>(1)</sup>

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 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)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Deferred Stock <sup>(2)</sup>	\$ 0 <sup>(3)</sup>	01/03/2013		M		01/03/2013	<sup>(4)</sup>	Common Stock	6,015
Deferred Stock <sup>(2)</sup>	<sup>(3)</sup>	01/02/2013		A	4,820	01/02/2015	<sup>(4)</sup>	Common Stock	4,820
Deferred Stock <sup>(2)</sup>	\$ 0 <sup>(3)</sup>					06/05/2008	<sup>(4)</sup>	Common Stock	5,152
Deferred Stock <sup>(2)</sup>	\$ 0 <sup>(3)</sup>					02/05/2009	<sup>(4)</sup>	Common Stock	7,695
Deferred Stock <sup>(2)</sup>	\$ 0 <sup>(3)</sup>					06/03/2009	<sup>(4)</sup>	Common Stock	5,370
Deferred Stock <sup>(2)</sup>	\$ 0 <sup>(3)</sup>					01/02/2010	<sup>(4)</sup>	Common Stock	8,310
Deferred Stock <sup>(2)</sup>	\$ 0 <sup>(3)</sup>					06/09/2010	<sup>(4)</sup>	Common Stock	7,095
Deferred Stock <sup>(2)</sup>	\$ 0 <sup>(3)</sup>					01/02/2011	<sup>(4)</sup>	Common Stock	6,315
Deferred Stock <sup>(2)</sup>	\$ 0 <sup>(3)</sup>					06/05/2011	<sup>(4)</sup>	Common Stock	300
Deferred Stock <sup>(2)</sup>	\$ 0 <sup>(3)</sup>					06/08/2011	<sup>(4)</sup>	Common Stock	6,030
Deferred Stock <sup>(2)</sup>	<sup>(3)</sup>					05/25/2013	<sup>(4)</sup>	Common Stock	345
Deferred Stock <sup>(2)</sup>	\$ 0 <sup>(3)</sup>					05/27/2012	<sup>(4)</sup>	Common Stock	5,040
Deferred Stock <sup>(2)</sup>	\$ 0 <sup>(3)</sup>					06/05/2013	<sup>(4)</sup>	Common Stock	4,780
Deferred Stock <sup>(2)</sup>	\$ 0 <sup>(3)</sup>					01/03/2014	<sup>(4)</sup>	Common Stock	6,110

## 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

01/04/2013

\_\_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).  
Under the terms of the Flowers Foods Executive Deferred Compensation Plan, reporting person elected to have a portion of plan 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.
- (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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