### Edgar Filing: FLOWERS FOODS INC - Form 4

FLOWERS I	FOODS INC										
Form 4											
June 06, 201	6										
FORM									OMB AF	PROVAL	
	UNITED	STATES		RITIES A shington,			NGE C	OMMISSION	OMB Number:	3235-0287	
Check the									Expires:	January 31, 2005	
if no longer subject to STATEMENT OF CHAN				GES IN BENEFICIAL OWNERSHIP				NERSHIP OF	Estimated average		
Section 16.				SECUR	SECURITIES					burden hours per	
Form 4 or					~ .				response	0.5	
Form 5 obligation	<b>n</b> c						-	e Act of 1934,			
may cont	tinue. Section 17			vestment	•	· ·		1935 or Section	1		
See Instru 1(b).	uction	30(II)		vestment	Compan	y Aci	. 01 194	0			
(Print or Type I	Responses)										
TASHIE JOSEPH GSymbol				er Name <b>and</b> Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer			
FLOWF			ERS FOODS INC [FLO]				(Check all applicable)				
(Last)	(First)	(Middle)		f Earliest Tr	ansaction				••		
808 BEAUHAVEN LANE (Month/D 06/02/20			/Day/Year)				Director X Officer (give		Owner r (specify		
			06/02/2	/2016				below) President - Flowers Cake Group			
(Street) 4. If Ame			ndment, Date Original				6. Individual or Joint/Group Filing(Check				
			Filed(Mor	onth/Day/Year)				Applicable Line)			
								_X_ Form filed by O Form filed by M			
WAHAW, N	NC 28173							Person		porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative S	Securi	ties Acqu	uired, Disposed of,	, or Beneficial	y Owned	
1.Title of	2. Transaction Dat	1					5. Amount of	6.	7. Nature of		
Security (Instr. 3)	(Month/Day/Year)	) Execution any	on Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)						Ownership Inc Form: Direct Be	Indirect Beneficial	
(Instr. 5)		(Month/Day/Yea								Ownership	
								Following	Indirect (I)	(Instr. 4)	
						(A)		Reported Transaction(s)	(Instr. 4)		
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common						(D)	\$				
Stock	06/02/2016			М	33,637	А	ф 11.11	104,907	D		

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)

## **Reporting Owners**

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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. Transactio Code (Instr. 8)	orDeriv Secur Acqu or Dis (D)	rities ired (A) sposed of : 3, 4,	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
Option (Right to Buy) <u>(1)</u>	\$ 11.11	06/02/2016		М		33,637	02/09/2013	02/09/2017	Common Stock	33,637
Option (Right to Buy) <u>(1)</u>	\$ 10.87						02/10/2014	02/10/2018	Common Stock	39,487

# **Reporting Owners**

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
TASHIE JOSEPH G 808 BEAUHAVEN LANE WAHAW, NC 28173			President - Flowers Cake Group					
Signatures								
/s/ Stephen R. Avera, Agent	06/06/2	2016						

\*\*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.

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.