Form 5 February 05, 2018							
FORM 5				OMB APPF	OVAL		
UN Check this box if no longer subject	UNITED STATES SECURITIES AND EXCHANGE COMMISSIC Washington, D.C. 20549			Number:	3235-0362 anuary 31, 2005		
to Section 16. Form 4 or Form 5 obligations may continue.ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIESEstimated avera burden hours per responseSee Instruction 1(b).Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940 TransactionsEstimated avera burden hours per response							
Reported 1. Name and Address of Ro DEESE GEORGE E	eporting Person [*]	2. Issuer Name and Ticker or Trading Symbol FLOWERS FOODS INC [FLO]	5. Relationship of I Issuer	1 0 .	s) to		
(Last) (First) 318 BEACHSIDE DE	(Middle)	3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) 12/30/2017	_X_ Director Officer (give t below)	t all applicable) itle $\underline{-X}_{-}$ 10% Ow $\underline{-X}_{-}$ Other (s below) cutive Chairman			
(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joi (check	nt/Group Reportir applicable line)	Ig		

PANAMA CITY, FLÂ 32413

DEESE GEORGE E

X Form Filed by One Reporting Person ____ Form Filed by More than One Reporting Person

(City)	(State)	(Zip) Tab	le I - Non-Der	ivative Se	curiti	es Acquir	ed, Disposed of	, or Beneficial	ly 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. Securi (A) or D (Instr. 3,	ispose 4 and (A) or	d of (D)	5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	12/22/2017	Â	G	5,000	D	\$ 19.66	2,803,059	D	Â
Common Stock	Â	Â	Â	Â	Â	Â	24,106.63 (1)	Ι	By 401(k)
Common Stock	Â	Â	Â	Â	Â	Â	50,301	Ι	By Spouse
Common Stock	Â	Â	Â	Â	Â	Â	175,000	I	By Family LLC (3)

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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. SEC 2270 (9-02)

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

1. Title Derivat Securit <u></u> (Instr. 3	tive Conversion y or Exercise	•		4. Transaction Code (Instr. 8)	5.6. Date Exercisable andNumberExpiration Dateof(Month/Day/Year)DerivativeSecuritiesAcquired(A) orDisposedof (D)(Instr. 3,4, and 5)		te	(Instr. 3 and 4)		8. Pri Deriv Secu (Inst
					(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Deferr Stock	$\mathbf{v} \mathbf{n}(\mathbf{s})$	Â	Â	Â	Â	05/24/2018	(6)	Common Stock	7,020	Ì

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
DEESE GEORGE E 318 BEACHSIDE DRIVE PANAMA CITY, FL 32413	ÂX	Â	Â	Non-Executive Chairman			

Signatures

Person

/s/ Stephen R. Avera, Agent 02/05/2018 **Signature of Reporting 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) Total includes exempt acquisitions of shares allocated to reporting person under Issuer's 401(k) Plan and minimum required distributions, due to age, made by Issuer's 401(k) Plan on March 17, 2017 and December 20, 2017.
- (2) Beneficial ownership is disclaimed.
- (3) Shares held by family LLC, in which reporting person and his spouse are the only members.
- (4) Granted under the Flowers Foods, Inc. 2014 Omnibus Equity and Incentive Compensation Plan.
- (5) In accordance with the terms of the Deferred Shares Agreement for Directors, the deferred shares awarded do not have a conversion or exercise price.

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(6) No expiration date.

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.