AVERA STEPHEN R Form 4

April 04, 2018

FORM 4

if no longer

Section 16.

Form 4 or

subject to

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

Check this box

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per response...

Table I Non Darivative Securities Acquired Disposed of or Reposicially Over

OMB APPROVAL

3235-0287

January 31,

2005

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OMB

Number:

Expires:

Form 5 obligations may continue. See Instruction 1(b).

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)

(City)

(State)

(Zip)

1. Name and Address of Reporting Person * AVERA STEPHEN R	2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) Issuer		
(Last) (First) (Middle)	FLOWERS FOODS INC [FLO] 3. Date of Earliest Transaction	(Check all applicable)		
1919 FLOWERS CIRCLE	(Month/Day/Year) 04/02/2018	Director 10% OwnerX Officer (give title Other (specibelow)		
(Street)	4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line)		
ΓHOMASVILLE, GA 31757		_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

` •	· · · · · · · · · · · · · · · · · · ·	1 abic	e I - Non-De	erivative s	securi	ues Ac	quirea, Disposea	oi, or belieficia	ny Owned
1.Title of	2. Transaction Date	2A. Deemed	3.	4. Securi	ties		5. Amount of	6. Ownership	7. Nature of
Security	(Month/Day/Year)	Execution Date, if	Transactio	onAcquired	l (A) o	r	Securities	Form: Direct	Indirect
(Instr. 3)		any	Code	Disposed	of (D))	Beneficially	(D) or	Beneficial
		(Month/Day/Year)	(Instr. 8)	(Instr. 3,	4 and	5)	Owned	Indirect (I)	Ownership
							Following	(Instr. 4)	(Instr. 4)
							Reported		
					(A)		Transaction(s)		
			C 1 W		or	ъ.	(Instr. 3 and 4)		
~			Code V	Amount	(D)	Price			
Common Stock	04/02/2018		<u>J(1)</u>	2,000	A	\$0	467,634	D	
Common Stock							1,647.18	I	By 401(k)

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	2. Conversion	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if	4. Transacti	5. orNumber	6. Date Exerc Expiration D		7. Title Amount		8. Price of Derivative	9. Nu Deriv
Security (Instr. 3)	or Exercise Price of Derivative Security	(Month/Day/Tear)	any (Month/Day/Year)	Code (Instr. 8)	of	(Month/Day/		Underly Securiti (Instr. 3	ying ies	Security (Instr. 5)	Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title N	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
AVERA STEPHEN R			Chief					
1919 FLOWERS CIRCLE			Legal					
THOMASVILLE, GA 31757			Counsel					

Signatures

Reporting Person

Stephen R.
Avera

**Signature of 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) On 04/02/2018, the reporting person received 2,000 shares of the Issuer's common stock pursuant to a distribution from a trust for which the reporting person is one of three co-trustees.
- (2) Total includes exempt acquisitions of shares allocated to reporting person under Issuer's 401(k) Plan, based on a plan statement dated as of 12/31/2017.

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.

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