#### Edgar Filing: TURNER MARTA JONES - Form 4

	ARTA JONES										
Form 4	2007										
January 05, 2006											
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549											
Check thi if no long subject to Section 1 Form 4 o Form 5 obligation may cont <i>See</i> Instru 1(b).	6. Filed pu ns Section 17	rsuant to (a) of the	F CHAN	GES IN I SECURI 6(a) of the ility Hold	BENEFI ITIES Securitie ing Com	CIAI es Ex pany	chang Act o	YNERSHIP OF ge Act of 1934, of 1935 or Section 40	Expires: Estimated burden hou response	irs per	
(Print or Type F	Responses)										
1. Name and Address of Reporting Person <u>*</u> TURNER MARTA JONES			2. Issuer Name <b>and</b> Ticker or Trading Symbol FLOWERS FOODS INC [FLO]				-	<ol> <li>Relationship of Reporting Person(s) to Issuer</li> <li>(Check all applicable)</li> </ol>			
(Last)	(First)	(Middle)	3. Date of	Earliest Tra	insaction			(Che	ck an applicabl	e)	
1919 FLOWERS CIRCLE			(Month/Day/Year) 01/03/2006					Director       10% Owner        X Officer (give title       Other (specify below)         below)       below)         SVP of Corporate Relations			
			4. If Amendment, Date Original Filed(Month/Day/Year)					<ul> <li>6. Individual or Joint/Group Filing(Check Applicable Line)</li> <li>_X_ Form filed by One Reporting Person</li> <li> Form filed by More than One Reporting</li> </ul>			
								Person			
(City)	(State)	(Zip)	Table	e I - Non-Do	erivative S	ecurit	ties Ac	quired, Disposed o	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year	) Executi any		Code	4. Securit onAcquired Disposed (Instr. 3, 4	(A) of of (D 4 and (A)	)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock								20,214	D		
Common Stock								161.973 <u>(1)</u>	Ι	By 401(k)	

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.

#### Edgar Filing: TURNER MARTA JONES - Form 4

# 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. Transactio Code (Instr. 8)	5. Number prof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exerci Expiration Dat (Month/Day/Y	te	7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option (Right to Buy) (2)	\$ 28.02	01/03/2006		А	9,050	01/03/2009	01/03/2013	Common Stock	9,050
Restricted Stock Award (2)	\$ 0	01/03/2006		А	2,800	01/03/2008	(3)	Common Stock	2,800
Option (Right to Buy) (2)	\$ 14.01					07/16/2007	07/16/2013	Common Stock	40,725

### **Reporting Owners**

Reporting Owner Name / Address	s Relationships						
	Director	10% Owner	Officer	Other			
TURNER MARTA JONES 1919 FLOWERS CIRCLE THOMASVILLE, GA 31757			SVP of Corporate Relations				

### Signatures

Stephen R. Avera, Agent	01/05/2006		
<u>**</u> 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) Total includes exempt acquisitions of shares allocated to reporting person in Issuer's 401(k) Plan, as of the 2005 fiscal year end, 12/31/2005.
- (2) Granted pursuant to the Flowers Foods, Inc. 2001 Equity and Performance Incentive Plan.
- (3) Grant expires 01/03/2008 if performance measures are not met.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

#### Edgar Filing: TURNER MARTA JONES - Form 4

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.