

FLOWERS FOODS INC  
Form 3  
January 09, 2015

**FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
**Washington, D.C. 20549**

OMB APPROVAL

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**INITIAL STATEMENT OF 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 * |         | 2. Date of Event Requiring Statement                                            | 3. Issuer Name <b>and</b> Ticker or Trading Symbol |                                                                        |
| Â SPEAR JAMES T                           |         | (Month/Day/Year)                                                                | FLOWERS FOODS INC [FLO]                            |                                                                        |
| (Last)                                    | (First) | (Middle)                                                                        | 01/02/2015                                         |                                                                        |
| 844 WILLIAMSBURG DRIVE                    |         | 4. Relationship of Reporting Person(s) to Issuer                                |                                                    | 5. If Amendment, Date Original Filed(Month/Day/Year)                   |
| (Street)                                  |         | (Check all applicable)                                                          |                                                    | 6. Individual or Joint/Group Filing(Check Applicable Line)             |
| NAPERVILLE,Â ILÂ 60540                    |         | <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner |                                                    | <input checked="" type="checkbox"/> Form filed by One Reporting Person |
| (City)                                    | (State) | (Zip)                                                                           | <input type="checkbox"/> Other (specify below)     |                                                                        |
|                                           |         |                                                                                 |                                                    | <input type="checkbox"/> Form filed by More than One Reporting Person  |

**Table I - Non-Derivative Securities Beneficially Owned**

| 1. Title of Security (Instr. 4) | 2. Amount of Securities Beneficially Owned (Instr. 4) | 3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5) | 4. Nature of Indirect Beneficial Ownership (Instr. 5) |
|---------------------------------|-------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------|
| Common Stock                    | 30,375                                                | I                                                        | By Trust for Spouse                                   |

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. SEC 1473 (7-02)

**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 Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

| 1. Title of Derivative Security (Instr. 4) | 2. Date Exercisable and Expiration Date (Month/Day/Year) | 3. Title and Amount of Securities Underlying Derivative Security (Instr. 4) | 4. Conversion or Exercise Price of Derivative Security | 5. Ownership Form of Derivative Security: Direct (D) or Indirect | 6. Nature of Indirect Beneficial Ownership (Instr. 5) |
|--------------------------------------------|----------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------|
|                                            | Date Exercisable                                         | Expiration Date                                                             | Title                                                  | Amount or Number of                                              |                                                       |

|                               |            |                  |              |        |                     |            |   |
|-------------------------------|------------|------------------|--------------|--------|---------------------|------------|---|
|                               |            |                  |              | Shares |                     | (I)        |   |
|                               |            |                  |              |        |                     | (Instr. 5) |   |
| Deferred Stock <sup>(1)</sup> | 01/02/2016 | Â <sup>(2)</sup> | Common Stock | 4,963  | \$ 0 <sup>(3)</sup> | D          | Â |

## Reporting Owners

| Reporting Owner Name / Address                                  | Relationships |           |         |       |
|-----------------------------------------------------------------|---------------|-----------|---------|-------|
|                                                                 | Director      | 10% Owner | Officer | Other |
| SPEAR JAMES T<br>844 WILLIAMSBURG DRIVE<br>NAPERVILLE, IL 60540 | Â X           | Â         | Â       | Â     |

## Signatures

/s/ Stephen R. Avera,  
Agent

01/09/2015

<sup>\*\*</sup>Signature of Reporting Person

Date

## Explanation of Responses:

- \* If the form is filed by more than one reporting person, *see* Instruction 5(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 under the Flowers Foods, Inc. 2014 Omnibus Equity and Incentive Compensation Plan.
- (2) No expiration date.
- (3) In accordance with the terms of the Deferred Shares Agreement for Directors, the deferred shares awarded do not have a conversion or exercise price.

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.