

FLOWERS FOODS INC

Form 3

June 09, 2008

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

OMB APPROVAL

OMB  
Number: 3235-0104Expires: January 31,  
2005Estimated average  
burden hours per  
response... 0.5**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 \*

Â RAZMINAS VYTO F

(Last)

(First)

(Middle)

2. Date of Event Requiring  
Statement

(Month/Day/Year)

06/09/2008

3. Issuer Name **and** Ticker or Trading Symbol  
FLOWERS FOODS INC [FLO]4. Relationship of Reporting  
Person(s) to Issuer5. If Amendment, Date Original  
Filed(Month/Day/Year)

1310 MILLPOND ROAD

(Street)

(Check all applicable)

\_\_\_\_ Director \_\_\_\_ 10% Owner  
\_\_X\_\_ Officer \_\_\_\_ Other  
(give title below) (specify below)  
SVP&Chief Information Officer6. Individual or Joint/Group  
Filing(Check Applicable Line)  
\_\_X\_\_ Form filed by One Reporting  
Person  
\_\_\_\_ Form filed by More than One  
Reporting Person

THOMASVILLE,Â GAÂ 31792

(City)

(State)

(Zip)

**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

2,100

D

Â

Common Stock

73

I

401(k)

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  
Derivative5. Ownership  
Form of  
Derivative  
Security:6. Nature of Indirect  
Beneficial  
Ownership  
(Instr. 5)

# Edgar Filing: FLOWERS FOODS INC - Form 3

	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Security	Direct (D) or Indirect (I) (Instr. 5)	
Option (Right to Buy) <u>(1)</u>	01/03/2009	01/03/2013	Common Stock	9,075	\$ 18.68	D	Â
Option (Right to Buy) <u>(1)</u>	02/05/2010	02/05/2014	Common Stock	9,825	\$ 19.57	D	Â
Option (Right to Buy) <u>(1)</u>	02/04/2011	02/04/2015	Common Stock	9,400	\$ 24.75	D	Â
Option (Right to Buy) <u>(1)</u>	02/05/2010	02/05/2014	Common Stock	1,725 <u>(2)</u>	\$ 19.57	I	By Spouse
Option (Right to Buy) <u>(1)</u>	02/04/2011	02/04/2015	Common Stock	1,800 <u>(2)</u>	\$ 24.75	I	By Spouse
Restricted Stock Award <u>(1)</u>	02/05/2009	02/05/2009 <u>(3)</u>	Common Stock	450 <u>(2)</u>	\$ 0	I	By Spouse
Restricted Stock Award <u>(1)</u>	02/04/2010	02/04/2010 <u>(3)</u>	Common Stock	450 <u>(2)</u>	\$ 0	I	By Spouse
Restricted Stock Award <u>(1)</u>	02/05/2009	02/05/2009 <u>(3)</u>	Common Stock	2,625	\$ 0	D	Â
Restricted Stock Award <u>(1)</u>	02/04/2010	02/04/2010 <u>(3)</u>	Common Stock	2,300	\$ 0	D	Â

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
RAZMINAS VYTO F 1310 MILLPOND ROAD THOMASVILLE, GA 31792	Â	Â	Â SVP&Chief Information Officer	Â

## Signatures

Stephen R. Avera,  
Agent 06/09/2008

Signature of Reporting      Date  
Person

## 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 pursuant to the Flowers Foods, Inc. 2001 Equity and Performance Incentive Plan.
- (2) Beneficial ownership is disclaimed.
- (3) Grant expires on Exercisable Date 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: FLOWERS FOODS INC - Form 3

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.