

STITH MELVIN T  
Form 5  
February 04, 2019

**FORM 5**

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

OMB APPROVAL

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Form 3 Holdings Reported Form 4 Transactions Reported

**ANNUAL STATEMENT OF CHANGES IN 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

1. Name and Address of Reporting Person \*  
STITH MELVIN T

(Last) (First) (Middle)

WHITMAN SCHOOL OF MANAGEMENT, 721 UNIVERSITY AVENUE, SUITE 415

(Street)

SYRACUSE, NY 13244-2450

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
FLOWERS FOODS INC [FLO]

3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year)  
12/29/2018

4. If Amendment, Date Original Filed (Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director  10% Owner  
 Officer (give title below)  Other (specify below)

6. Individual or Joint/Group Reporting

(check applicable line)

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

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially 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. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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	12/07/2018	^	G	1,274 D \$ 0	43,534.5267 (1)	D	^
Common Stock	12/17/2018	^	G	50 A \$ 0	50	I	By Spouse as custodian for minor grandchild (2)

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Common Stock 12/17/2018 Â G 50 D \$ 0 43,484.5267 (1) D Â

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 2270 (9-02)

**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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Pr Deri Secur (Inst
					(A) (D)	Date Exercisable Expiration Date	Title	Amount or Number of Shares
Deferred Stock (3)	\$ 0 (4)	Â	Â	Â	Â Â	06/03/2009 Â (5)	Common Stock	8,055
Deferred Stock (3)	\$ 0 (4)	Â	Â	Â	Â Â	06/09/2010 Â (5)	Common Stock	10,642
Deferred Stock (3)	\$ 0 (4)	Â	Â	Â	Â Â	05/27/2012 Â (5)	Common Stock	7,560
Deferred Stock (3)	\$ 0 (4)	Â	Â	Â	Â Â	06/05/2013 Â (5)	Common Stock	7,170
Deferred Stock (3)	\$ 0 (4)	Â	Â	Â	Â Â	05/28/2014 Â (5)	Common Stock	5,415
Deferred Stock (6)	Â	Â	Â	Â	Â Â	05/23/2015 Â (5)	Common Stock	6,030
Deferred Stock (6)	\$ 0 (4)	Â	Â	Â	Â Â	06/09/2016 Â (5)	Common Stock	6,026
Deferred Stock (6)	Â	Â	Â	Â	Â Â	05/25/2017 Â (5)	Common Stock	6,934
Deferred Stock (6)	\$ 0 (4)	Â	Â	Â	Â Â	05/24/2018 Â (5)	Common Stock	7,020
Deferred Stock (6)	\$ 0 (4)	Â	Â	Â	Â Â	05/23/2019 Â (5)	Common Stock	6,500

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
STITH MELVIN T WHITMAN SCHOOL OF MANAGEMENT 721 UNIVERSITY AVENUE, SUITE 415 SYRACUSE, NY 13244-2450	X			

## Signatures

/s/ Stephen R. Avera,  
Agent

02/04/2019

\_\_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) Share total includes shares acquired through reinvestment of dividends.
- (2) Beneficial ownership is disclaimed.
- (3) Granted pursuant to the Flowers Foods, Inc. 2001 Equity and Performance Incentive Plan.
- (4) In accordance with the terms of the Deferred Shares Agreement for Directors, the deferred shares awarded do not have a conversion or exercise price.
- (5) No expiration date.
- (6) Granted under the Flowers Foods, Inc. 2014 Omnibus Equity and Incentive Compensation Plan.

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.