

FLOWERS FOODS INC  
Form 4  
February 11, 2008

**FORM 4**

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

OMB APPROVAL

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**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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
LAUDER KARYL H

(Last) (First) (Middle)  
100 FOX RIDGE LANE  
(Street)

THOMASVILLE, GA 31792

(City) (State) (Zip)

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

3. Date of Earliest Transaction  
(Month/Day/Year)  
02/07/2008

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)  
VP & Chief Accounting Officer

6. Individual or Joint/Group Filing(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 Following Reported Transaction(s) (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |            |           |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--------|---|--|---|------------|-----------|
|                                 |                                      |  |                                | Code  | V | Amount |   |  |   | (A) or (D) | Price     |
| Common Stock                    | 02/07/2008                           |  | M                              |   |   | 1,110  | A   | \$ 0   | 20,713  | D          |           |
| Common Stock                    |                                      |  |                                |   |   |        |   |  | 1,296 <sup>(1)</sup>                                  | I          | By 401(k) |
| Common Stock                    |                                      |  |                                |   |   |        |   |  | 7,043 <sup>(2)</sup>                                  | I          | By Spouse |

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

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number.

**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 Security (Instr. 3 and 4) | Amount or Number of Shares |                            |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|----------------------------|----------------------------|
|  |  |                                      |  | Code                           | V (A) (D)   | Date Exercisable   | Expiration Date   | Title                      | Amount or Number of Shares |
| Restricted Stock Award <sup>(3)</sup>      | \$ 0   | 02/07/2008                           |  | A                              | 555 <sup>(4)</sup>  | 01/03/2008   | 01/03/2008  | Common Stock               | 555                        |
| Restricted Stock Award <sup>(3)</sup>      | \$ 0   | 02/07/2008                           |  | M                              | 1,110   | 01/03/2008   | 01/03/2008  | Common Stock               | 1,110                      |
| Restricted Stock Award <sup>(3)</sup>      | \$ 0   |                                      |  |                                |   | 02/05/2009   | 02/05/2009 <sup>(5)</sup>                                   | Common Stock               | 2,600                      |
| Restricted Stock Award <sup>(3)</sup>      | \$ 0   |                                      |  |                                |   | 02/04/2010   | 02/04/2010 <sup>(5)</sup>                                   | Common Stock               | 3,500                      |
| Option (Right to Buy) <sup>(3)</sup>       | \$ 24.75   |                                      |  |                                |   | 02/04/2011   | 02/04/2015  | Common Stock               | 14,300                     |
| Option (Right to Buy) <sup>(3)</sup>       | \$ 19.57   |                                      |  |                                |   | 02/05/2010   | 02/05/2014  | Common Stock               | 9,800                      |
| Option (Right to Buy) <sup>(3)</sup>       | \$ 9.34  |                                      |  |                                |   | 07/16/2007   | 07/16/2013  | Common Stock               | 61,000                     |
| Option (Right to Buy) <sup>(3)</sup>       | \$ 18.68   |                                      |  |                                |   | 01/03/2009   | 01/03/2013  | Common Stock               | 9,000                      |

## Reporting Owners

Reporting Owner Name / Address

Relationships

Director      10% Owner      Officer      Other

