BEATY MICHAEL A

Form 4

December 12, 2007

FORM 4

Check this box

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL

Number: 3235-0287

Expires: January 31, 2005

Estimated average burden hours per response... 0.5

if no longer subject to Section 16. Form 4 or Form 5

obligations

may continue.

See Instruction

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(b).

(Print or Type Responses)

1. Name and Ac BEATY MIC	^	rting Person *	2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer		
(Last)	(First)	(Middle)	FLOWERS FOODS INC [FLO] 3. Date of Earliest Transaction	(Check all applicable)		
1919 FLOW	ERS CIRCI	Æ	(Month/Day/Year) 12/10/2007	Director 10% Owner SVP/Supply Chain		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
THOMASVILLE, GA 31757			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
(City)	(State)	(Zip)	Table I New Desiration Committee As	oning Disposed of an Donoff sight. Owner		

(City)	(State)	(Zip) Table	e I - Non-D	Perivative	Secur	ities Acq	uired, Disposed o	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	4. Securi on(A) or D (Instr. 3,	ispose 4 and (A) or	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	
Common Stock	12/10/2007		G	1,500	D	\$ 23.53	102,493	D	
Common Stock							1,081 (1)	I	By Spouse
Common Stock							1,031 (2)	I	By 401(k)

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. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		e	7. Title and Underlying (Instr. 3 and	Securities
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option (Right to Buy) (3)	\$ 9.34					07/16/2007	07/16/2013	Common Stock	55,087
Restricted Stock Award (3)	\$ 0					01/03/2008	01/03/2008(4)	Common Stock	5,925
Option (Right to Buy) (3)	\$ 18.68					01/03/2009	01/03/2013	Common Stock	19,275
Restricted Stock Award (3)	\$ 0					02/05/2009	02/05/2009(4)	Common Stock	7,275
Option (Right to Buy) (3)	\$ 19.57					02/05/2010	02/05/2014	Common Stock	27,075

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
BEATY MICHAEL A							
1919 FLOWERS CIRCLE			SVP/Supply Chain				

1919 FLOWERS CIRCLE THOMASVILLE, GA 31757

Signatures

Stepnen R. Avera,	12/12/2007		
Agent	12/12/2007		

**Signature of Reporting Date Person

Reporting Owners 2

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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) Beneficial ownership is disclaimed.
- (2) Total includes exempt acquisitions of shares allocated to reporting person in Issuer's 401(k) Plan, as of the 2006 fiscal year end, 12/30/2006.
- (3) Granted pursuant to the Flowers Foods, Inc. 2001 Equity and Performance Incentive Plan.
- (4) Grant expires on Exercisable Date if performance measures are not met.

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