

FLOWERS FOODS INC  
Form 8-K  
November 10, 2004

**SECURITIES AND EXCHANGE COMMISSION**

**Washington, D.C. 20549**

**FORM 8-K**

**CURRENT REPORT**

**Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934**

Date of report (Date of earliest event reported): November 10, 2004

**FLOWERS FOODS, INC.**

---

(Exact name of registrant as specified in its charter)

Georgia

1-16247

58-2582379

---

(State or other  
jurisdiction  
of incorporation)

(Commission  
File Number)

(IRS Employer  
Identification No.)

---

1919 Flowers Circle, Thomasville, GA

31757

---

(Address of principal executive offices)

(Zip Code)

Registrant's telephone number, including area code:

(229) 226-9110

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (*see* General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
  - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
  - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
  - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
- 
- 
-

**Item 2.02. Results of Operations and Financial Condition.**

On November 10, 2004, Flowers Foods, Inc. issued a press release announcing its financial condition and results of operations as of and for the third quarter ended October 9, 2004. A copy of the press release is furnished with this Report as Exhibit 99.1 and is incorporated herein by reference.

**Item 9.01 Financial Statements and Exhibits.**

(c) Exhibits.

The following exhibit is furnished as part of this Report:

<b>Exhibit Number</b>	<b>Description</b>
99.1	Press Release of Flowers Foods, Inc. dated November 10, 2004

**SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

**FLOWERS FOODS, INC.**

By: /s/ Jimmy M. Woodward

---

Name: Jimmy M. Woodward  
Title: Sr. Vice-President, Chief  
Financial Officer and  
Chief Accounting Officer

Date: November 10, 2004

---

**EXHIBIT INDEX**

**Exhibit Number**

---

**Description**

---

99.1

Press Release of Flowers Foods, Inc. dated November 10, 2004