FLOWERS FOODS INC

Form 4/A

February 22, 2007

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

OMB APPROVAL

Number:

3235-0287

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Check this box

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

See Instruction

1(b).

(Print or Type Responses)

may continue.

1. Name and Adda MCMULLIAN		ing Person *	2. Issuer Name and Ticker or Trading Symbol FLOWERS FOODS INC [FLO]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First)		(Middle)	3. Date of Earliest Transaction	(Check an approact)			
			(Month/Day/Year)	X Director 10% Owner			
6497 MESSER ROAD			02/21/2007	Officer (give title _X_ Other (specify below) Chairman Emeritus			
(Street)			4. If Amendment, Date Original 6. Individual or Joint/Grou				
			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person			
GRAND RIDO	GE, FL 324	42	02/22/2007	Form filed by More than One Reporting Person			

(City)	(State)	(Zip) Tak	ole I - Non-	Derivative :	Securi	ities Acquire	ed, Disposed of, o	r Beneficially	Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	TransactiorDisposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Securities Ownership Beneficially Form: Owned Direct (D) Following or Indirect Reported (I) Fransaction(s) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	02/21/2007		Code V M	Amount 183,000	(D)	Price \$ 14.01	1,423,025 (1)	D	
Common Stock	02/22/2007		S	118,033	D	\$ 30.1852	1,304,992 (1)	D	

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

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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. Transactic Code (Instr. 8)	Secu Acqu Disp	umber of vative rities uired (A) or osed of (D) r. 3, 4, and	ve Expiration Date es (Month/Day/Year) d (A) or d of (D)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amoun Numbe Shares
Option (Right to Buy) (2)	\$ 14.01	02/21/2007		M		183,000	01/03/2004	07/13/2013	Common Stock	183,0
Restricted Stock Award (2)	\$ 0						06/06/2007	(3)	Common Stock	2,56

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
MCMULLIAN AMOS R								
6497 MESSER ROAD	X			Chairman Emeritus				
GRAND RIDGE, FL 32442								

Signatures

Stephen R. Avera, 02/22/2007 Agent Date

**Signature of Reporting

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).
- The amount of securities beneficially owned following reported transactions previously entered on Form 4 filed 02/22/2007 was incorrectly stated.
- (2) Granted pursuant to the Flowers Foods, Inc. 2001 Equity and Performance Incentive Plan.
- (3) No expiration date.

Note: File three copies of this Form, one of which must be manually signed. If space 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.

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