FLOWERS FOODS INC Form S-8 POS May 31, 2001

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As filed with the Securities and Exchange Commission on May 31, 2001

Registration No. 333-58320

SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549

POST-EFFECTIVE AMENDMENT NO. 1 TO
FORM S-8
REGISTRATION STATEMENT
UNDER
THE SECURITIES ACT OF 1933

FLOWERS FOODS, INC. (Exact name of issuer as specified in its charter)

Georgia
(State or other jurisdiction of incorporation or organization)

58-2582379 (I.R.S. Employee Identification No.)

1919 Flowers Circle
Thomasville, Georgia 31757
(Address of principal executive offices)

FLOWERS FOODS, INC. 401(K) RETIREMENT SAVINGS PLAN (Full title of the plan)

G. Anthony Campbell, Esq.
Flowers Foods, Inc.
1919 Flowers Circle
Thomasville, Georgia 31757
(Name and address of agent for service)

(229) 226-9110 (Telephone number, including area code, of agent for service)

With a copy to:
Lizanne Thomas, Esq.
Jones, Day, Reavis & Pogue
3500 SunTrust Plaza
303 Peachtree Street, N.E.
Atlanta, Georgia 30308-3242

CALCULATION OF REGISTRATION FEE

Title of securities to be registered(1)	Amount to be registered	offering price per share(2)	aggregate offering price(2)	Amount of registration f

Proposed maximum

Proposed maximum

- (1) In addition, pursuant to Rule 416(c) under the Securities Act of 1933, this registration statement covers an indeterminate amount of interests to be offered or sold pursuant to the employee benefit plan described herein.
- (2) Not applicable. All filing fees paid in connection with the registration of these securities were paid with the filing with the Securities and Exchange Commission of the Registration Statement on Form S-8 (333-58320) filed on April 5, 2001 being amended by this post-effective amendment.

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POST-EFFECTIVE AMENDMENT NO. 1 TO FORM S-8 REGISTRATION STATEMENT

On April 5, 2001, Flowers Foods, Inc. filed a Registration Statement on Form S-8 (File No. 333-58320) with the Securities and Exchange Commission. The contents of the registration statement are incorporated herein by reference.

ITEM 8. EXHIBITS.

Exhibit	
Number	Description
24	Power of Attorney

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SIGNATURES

Pursuant to the requirements of the Securities Act of 1933, the registrant certifies that it has reasonable grounds to believe that it meets all of the requirements for filing on Form S-8 and has duly caused this Amendment to its Registration Statement to be signed on its behalf by the undersigned, thereunto duly authorized, in the City of Thomasville, State of Georgia, on the 31st day of May, 2001.

FLOWERS FOODS, INC.

By: /s/ Amos R. McMullian

Amos R. McMullian Chairman of the Board of Directors and Chief Executive Officer

Pursuant to the requirements of the Securities Act of 1933, this Registration Statement has been signed by the following persons in the capacities and on the date indicated:

	Signature	Title		
By: /s/ Amos R. McMullian		Chairman of the Board of Directors and Chief Executive Officer (Principal		
	Amos R. McMullian	Executive Officer)		
Ву:	/s/ Jimmy M. Woodward	Vice President and Chief Financial Officer (Principal Accounting Officer)		
	Jimmy M. Woodward			
Ву:	/s/ G. Anthony Campbell	Secretary and General Counsel		
	G. Anthony Campbell			
ву:	*	Director		
	Robert P. Crozer			
ву:	*	Director		
	Edward L. Baker			
Ву:	*	Director		
	Jackie M. Ward			
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	Signature	Title		
Ву:	*	Director		
	C. Martin Wood III			
Ву:	*	Director		

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	Joe E. Beverly			
By:	*	Ι	irector	
-	J.V. Shields, Jr.			
ву:	*	Γ	irector	
-	Franklin L. Burke			
ву:	*		irector	
	Langdon S. Flowers			
ву:	*		irector	
	Joseph L. Lanier			
*By:	/s/ G. Anthony Campbell			
	G. Anthony Campbell Attorney-in Fact			
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trust be si	PLAN. Pursuant to the requees have duly caused thing igned on its behalf by the of Thomasville, State of	s Amendment N e undersigned Georgia on t FLOWERS FOO	o. 1 to its Regist: , thereunto duly an his 31st day of May	ration Statement to uthorized in the γ , 2001.
		401(K) REII	KEMENI SAVINGS PLAI	V
			Steven Kinsey	
		Plan A	dministrator	
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		EXHIBIT I	NDEX	
Exhik Numbe	er	Descriptior		Index
24		Power of At	torney	Filed herewith

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