

FLOWERS FOODS INC  
Form 8-K  
August 18, 2005

**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): August 18, 2005

**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 August 18, 2005, Flowers Foods, Inc. issued a press release announcing: (i) its financial condition and results of operations as of and for the second quarter and first half ended July 16, 2005; (ii) an increase in its sales guidance for fiscal 2005 and (iii) the reaffirmation of its net income guidance as a percentage of sales. 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 August 18, 2005 |

---

**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: August 18, 2005

---

**EXHIBIT INDEX**

| <b>Exhibit Number</b> | <b>Description</b>   |
|-----------------------|--|
| 99.1                  | Press Release of Flowers Foods, Inc. dated August 18, 2005 |