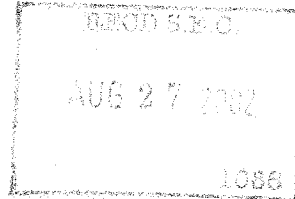


Flowers Foods  
1919 Flowers Circle  
Thomasville, Georgia 31757  
t 229.226.9110  
flowersfoods.com

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August 26, 2002



VIA HAND DELIVERY

Jonathan G. Katz, Secretary  
Securities and Exchange Commission  
450 Fifth Street, N.W.  
Washington, D.C. 25049

Re: Flowers Foods, Inc. (File No. 1-16247) Sworn Statements  
of Principal Executive Officer and Principal Financial  
Officer Pursuant to Securities and Exchange Commission  
Order No. 4-460

Dear Mr. Katz:

In accordance with the Order of the Securities and Exchange Commission requiring the filing of sworn statements pursuant to Section 21(a)(1) of the Securities Exchange Act of 1934, as amended (File No. 4-460), enclosed is a sworn statement from each of Amos R. McMullian, Principal Executive Officer, and Jimmy M. Woodward, Principal Financial Officer, of Flowers Foods, Inc.

Please acknowledge receipt of this letter and the enclosed statements by stamping and returning the enclosed copy of this letter to the waiting messenger.

If you have any questions, please contact me at the phone number listed above.

Very truly yours,

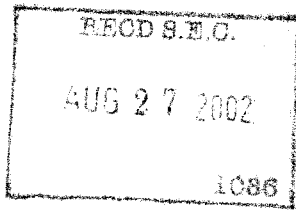
A handwritten signature in black ink, appearing to read "Stephen R. Avera".

Stephen R. Avera  
Secretary and General Counsel

Enclosures

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AUG 27 2002



1579

OMB Number: 3235-0569  
Expires: January 31, 2003

**Statement Under Oath of Principal Executive Officer and Principal Financial Officer  
Regarding Facts and Circumstances Relating to Exchange Act Filings**

I, Amos R. McMullian, state and attest that:

(1) To the best of my knowledge, based upon a review of the covered reports of Flowers Foods, Inc., and, except as corrected or supplemented in a subsequent covered report:

- no covered report contained an untrue statement of a material fact as of the end of the period covered by such report (or in the case of a report on Form 8-K or definitive proxy materials, as of the date on which it was filed); and
- no covered report omitted to state a material fact necessary to make the statements in the covered report, in light of the circumstances under which they were made, not misleading as of the end of the period covered by such report (or in the case of a report on Form 8-K or definitive proxy materials, as of the date on which it was filed).

(2) I have reviewed the contents of this statement with the Company's audit committee.

(3) In this statement under oath, each of the following, if filed on or before the date of this statement, is a "covered report":

- Annual Report of Flowers Foods, Inc. on Form 10-K for the fiscal year ended December 29, 2001;
- All reports on Form 10-Q, all reports on Form 8-K and all definitive proxy materials of Flowers Foods, Inc. filed with the Commission subsequent to the filing of the Form 10-K identified above; and
- Any amendments to any of the foregoing.

Signature  
Name: Amos R. McMullian  
Date: 8/23/02

Subscribed and sworn to  
before me this 23<sup>rd</sup> day of

August 2002  
/s/ Janie Cone  
Notary Public

My Commission Expires

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