1 800 FLOWERS COM INC

Form 4

Class A Common

Stock

Class A

Form 4	2016											
September 20,										OMB AF	PPROVAL	
FORM	UNITEDS	STATES				ND EXCI D.C. 2054		GE C	OMMISSION	OMB Number:	3235-0287	
Check this box if no longer subject to Section 16. Form 4 or			F CHANGES IN BENEFICIAL OWN SECURITIES						NERSHIP OF	Expires: Estimated a burden hou response		
Form 5 obligations may continue. See Instruction 1(b). 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												
(Print or Type Re	esponses)											
			2. Issuer I tullie und Tieller of Truding						5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
	[FLWS]]				(Check all applicable)						
(Month			(Month/D	Date of Earliest Transaction Month/Day/Year) 9/16/2016					X DirectorX 10% OwnerX Officer (give title Other (specify below) President and CEO			
				nendment, Date Original Ionth/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip)	Tabl	e I - Non-l	De	erivative Se	curitie	es Acqı	uired, Disposed of	, or Beneficial	ly Owned	
	ecurity (Month/Day/Year) Execution Date, if			3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)					Securities	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code V	I	Amount	or (D)	Price	(Instr. 3 and 4)			
Class A Common (Stock	09/14/2016			G V	7	162,132 (1)	D	\$0	0	I	Indirect (1)	
Class A Common Stock	09/16/2016			A		32,011	A	\$0	1,597,868	D		

Indirect (2)

Indirect (3)

180,924

110

I

I

Common Stock

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

Persons who respond to the collection of SEC 1474 information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

(9-02)

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)	4. Transactic Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	.	ate	Secur	ınt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
MCCANN CHRISTOPHER G ONE OLD COUNTRY ROAD SUITE 500 CARLE PLACE, NY 11514	X	X	President and CEO				

Signatures

/s/ Christopher G. 09/20/2016 McCann **Signature of Reporting Date Person

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).

On September 12, 2013, the reporting person contributed 500,000 shares of Class A Common Stock to a grantor retained annuity trust for the benefit of his children. In connection with the termination of the trust, on September 14, 2016, 162,132 of the shares were transferred to trusts for the benefit of the reporting person's children. The remaining 337,868 shares were previously distributed to the reporting person and continue to be reported in this Form 4 as directly owned.

Reporting Owners 2

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- (2) Shares held by a Grantor Retained Annuity Trust of which Reporting Person is the Trustee.
- (3) Shares held by Reporting Person as custodian for his son.

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.