

Item 8.01 Other Events

On March 31, 2016, 1-800-FLOWERS.COM, Inc. CEO, President and certain members of the Company's senior management team exercised expiring options and sold some underlying shares in the open market under a Rule 10b-5 plan. A description of the exercises is included as Exhibit 99.1 and is incorporated herein by reference.

(c) Exhibits

The following exhibits are furnished with this Form 8-K:

99.1 Narrative dated March 31, 2016.

SIGNATURE

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.

1-800-FLOWERS.COM, Inc.

By: /s/ William E. Shea
William E. Shea
Chief Financial Officer, Senior Vice-President

Date: March 31, 2016