1 800 FLOWERS COM INC

Form 4

December 02, 2014

| FORM 4 | | OMB AF | PPROVAL |
|-----------------------------|--|------------------------|---------------------|
| 1 OTTIVI 4 | UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 | OMB Number: | 3235-0287 |
| Check this box if no longer | STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF | Expires: | January 31, 2005 |
| subject to Section 16. | SECURITIES SECURITIES | Estimated a burden hou | |
| Form 4 or Form 5 | | response | 0.5 |
| | Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, | | |
| obligations may continue. | Section 17(a) of the Public Utility Holding Company Act of 1935 or Section | | |
| See Instruction | 30(h) of the Investment Company Act of 1940 | | |
| 1(b). | | | |
| (Print or Type Respon | ses) | | |

| • | | | | | |
|---|----------|---|--|--|--|
| 1. Name and Address of Repo MCCANN CHRISTOPH | _ | 2. Issuer Name and Ticker or Trading Symbol 1 800 FLOWERS COM INC [FLWS] | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) | | |
| (Last) (First) ONE OLD COUNTRY ROAD, SUITE 500 | (Middle) | 3. Date of Earliest Transaction (Month/Day/Year) 11/28/2014 | _X_ Director _X_ 10% Owner _X_ Officer (give title Other (specify below) below) President | | |
| (Street) | | 4. If Amendment, Date Original Filed(Month/Day/Year) | 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person | | |
| CARLE PLACE, NY 11 | 514 | | Form filed by More than One Reporting Person | | |

| | · · · · · · · · · · · · · · · · · · · | 0 | | | <u> </u> |
|-----------------------|---------------------------------------|---|---|---|----------|
| | Filed(Month/Day/Year) | | Applicable Line) | | |
| CARLE PLACE, NY 11514 | | | _X_ Form filed by One Repo Form filed by More than Person | - | |
| | | | | | |

| (City) | (State) (2 | Zip) Table | e I - Non-D | erivative | Secur | ities Acq | quired, Disposed | of, or Beneficial | lly Owned |
|--------------------------------------|---|---|--|---|-------|--|------------------|---|--------------|
| 1.Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transactio Code (Instr. 8) | 4. Securities Acquired ction(A) or Disposed of (D) 8) (Instr. 3, 4 and 5) (A) or | | 5. Amount of Securities Form: Direct Beneficially (D) or Owned Indirect (I) Following Reported Transaction(s) (Instr. 3 and 4) | | 7. Nature of Indirect Beneficial Ownership (Instr. 4) | |
| Class A | | | Code V | Amount | (D) | Price | (msu. 3 and 4) | | |
| Common Stock | 11/28/2014 | | M | 3,745 | A | \$ 8.45 | 1,569,131 | D | |
| Class A Common Stock | 11/28/2014 | | S | 3,741 | D | \$ 8.71 (1) | 1,565,390 | D | |
| Class A Common Stock | | | | | | | 389,841 | I | Indirect (2) |
| Class A | | | | | | | 110 | I | Indirect (3) |

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)

| Derivative Security (Instr. 3) | Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | SA. Deemed Execution Date, if any (Month/Day/Year) | Code Securities (Instr. 8) Acquired (A) or Disposed of (D) | | Expiration Date (Month/Day/Year | | Underlying S (Instr. 3 and | Securities |
|--------------------------------------|---|--------------------------------------|---|--|-------------------------------|---------------------------------|--------------------|----------------------------|--|
| | | | | Code V | (Instr. 3, 4, and 5) (A) (D) | Date Exercisable | Expiration Date | Title | Amount or Number of Shares |
| Class A Common Stock | \$ 8.45 | 11/26/2014 | | M | 3,745 | 12/02/2006(4) | 12/02/2014 | Class A Common Stock | 3,745 |

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 | | | | |

Signatures

Person

/s/ Christopher G. 12/02/2014 McCann **Signature of Reporting Date

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).

(1)

Reporting Owners 2

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The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$8.70 to \$8.715, inclusive. The reporting person undertakes to provide to 1-800-FLOWERS.COM, Inc., or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range set forth above.

- (2) Shares held by a Grantor Annuity Trust of which Reporting Person is the Trustee.
- (3) Shares held by Reporting Person as custodian for his son.
- The option, representing a right to purchase a total of 37,500 shares, became exercisable with respect to 40% of the shares on December 2, 2006, which was the second anniversary of the date on which the option was granted, and became exercisable for an additional 20% on each of December 2, 2007, December 2, 2008 and December 2, 2009.

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.