



OUR SPIRIT AWARDS



Flowers Spirit Awards

CELEBRATING THE FLOWERS SPIRIT

Every year, we honor those who exemplify the Flowers Spirit of leadership, team work, caring, and volunteerism. By your nominations, you helped choose them. Now meet them.

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2013 L.S. Flowers Spirit Award Recipient

With a generous spirit and personality every bit as large as his 6-foot-5 frame, **Johnathan Mize** epitomizes the Flowers Spirit.

These qualities were the first things many of his coworkers noticed about Johnathan when he joined Flowers Baking Co. of Tuscaloosa seven short years ago. But, his willingness to pitch in and help those around him quickly made him an integral part of the team. As ESS director, Johnathan works closely with each department at Tuscaloosa, but he took on additional

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Past L.S. Flowers Spirit Award Recipients



2012 **Becky Simpson**
Receptionist, FB of Texarkana



2010 **Janice Anderson**
VP of marketing, Flowers' Corp. Office (retired)



2009 **Matthew Williams**
Production operator, FBC of Norfolk



2008 **Fred Steed**
Roll line supervisor, Bailey Street Bakery



2006 **Charles Overstreet**
Distrib. systems coordinator, FBC of Birmingham



2005 **Michael Sileno**
Production supervisor, Franklin Baking Co.



2004 **JoAnn Davis**
Quality control technician, FB of Montgomery



2003 **Larry Morning**
Production superintendent, FBC of Tuscaloosa



2002 **Mary Emery**
Production supervisor, FB of Crossville (retired)

The 2011 and 2007 L.S. Flowers Spirit Award recipients are no longer with Flowers.

WHAT

sets us apart?



There is a quality about Flowers team members that sets us apart from our competition. If you've worked for Flowers for any length of time, you know what we're talking about.



We care about our coworkers, our company, and our communities. We strive to be the best and do what's right. And we go the extra mile, even if no one is there to see it.



That's just the way we roll.

Three of our 2013 Spirit Award recipients (from top): Fabreka Zinnerman, Timothy Sexton, and Matthew Del Campo.

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2013 L.S. Flowers Spirit Award Recipient

Johnathan Mize

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responsibilities in receiving and sanitation, and he volunteers to support the team around him any way he can. Many consider the strength of his leadership his capacity to take on any role and adapt, some see it as his willingness to work shoulder-to-shoulder with others to complete any task he asks them to do.

“He is always there to help with a meeting, health fair, training, or anything we need him for — even if he hasn’t been asked,” said Adrienne Gray, HR director.

“In his seven years at our bakery, Johnathan has made a lasting impact on everyone here,” said Keith Singletary, bakery president. “He truly lives the Flowers Spirit. He has a strong work ethic and sets a great example for his coworkers, and he genuinely cares about helping those around him. He’s very deserving of this recognition, and we are glad to have him as a part of our team.”

Like all of our Spirit Award recipients, Johnathan’s passion for helping others extends well beyond work. More than five years ago, Johnathan and his wife Anna unofficially “adopted” five children — in addition to their two biological children. These children thrived with the stability and support of the Mize family and successfully navigated through high



Johnathan Mize kisses his wife Anna after he is presented the L.S. Flowers Spirit Award during a ceremony in Tuscaloosa in February.



Left to right: Gene Lord, Flowers Foods evp and chief operating officer; David Roach, senior vice president, Central Region; Mize, and Keith Singletary, FBC of Tuscaloosa president. Flowers Foods donated \$1,250 to Mize’s favorite charity — the Leukemia Society — in his honor as the L.S. Flowers Spirit Award winner.

school. Johnathan is proud of the fact that four of the five are in college; the other is enrolled in the police academy.

“It is truly an honor and privilege just to be a small part of this great legacy.”

Johnathan Mize

Johnathan gives of his free time by serving as an elder and youth minister in his church, and volunteers at youth retreats and church camps.

“I am honored to be a part of the great legacy set by L.S. Flowers. This legacy of compassion and giving — and the Flowers Way — is what separates Flowers Foods from every other company in the United States. We may be a family from all walks of life, but we are exactly that — a family. I’m proud to be a part of an organization that not only takes care of each other, but also the communities we are a part of. It is truly an honor and privilege just to be a small part of this great legacy.”

We Salute Our 2013 Spirit Award Recipients



CONGRATULATIONS!

Flowers' Spirit Awards recognize team members who live the Flowers Spirit — on the job and in their communities. The program was inspired by Langdon S. Flowers (1922-2007), chairman and company leader known for his kindness and support of others.

Team members around the country nominate and select a co-worker to be their subsidiary's Spirit Award recipient. Nominees must be full-time employees in good-standing with the company. They also must:

- ★ Encourage or motivate others on the job.
- ★ Show leadership or strong team qualities.
- ★ Exhibit a positive attitude in all circumstances.
- ★ Express sincere caring and respect for others.
- ★ Be a person of integrity and moral character.
- ★ Volunteer in the community.
- ★ Live the Flowers Spirit on the job and off.
- ★ Add a positive, motivating energy to the team.

Spirit Award recipients are honored at each bakery and Flowers Foods sends \$250 to each recipient's charity of choice. Flowers honored 41 employees with Spirit Awards in 2013.



JESHUA HARRIS
Production Supervisor
Bailey Street Bakery
Years of Service: 5
Charity: Helping Hands
International Prayer Group

Jeshua's positive attitude is motivating to his shift and creates a great team chemistry. A member of Helping Hand International Prayer Group, Jeshua volunteers to feed the homeless. He also mentors children through several organizations, including the Boys & Girls Club, Rockdale County Juvenile Court, and Georgia Tech.



MARK HAMBY
Sales Manager
FBC of Bardstown
Years of Service: 6
Charity: The Dempster
Family Foundation

Mark sets the bar high and leads by example. This attitude carries over into his volunteer work with Missing Pieces, the support group he established for parents of children with disabilities. He also supports Hope Floats, an annual community fundraiser, that increases awareness for 22q Deletion Syndrome, a condition his daughter was born with.



ERIC SESSUMS
Sales System Coord.
FBC of Batesville
Years of Service: 7
Charity: Hellfighters –
Mission At The Cross

Eric's mantra, "I can't let my past define who I am," led to his involvement in church as well as to volunteer with organizations like Celebrate Recovery, which helps those recovering from addiction, and Hellfighters – Mission At The Cross, a homeless mission. Eric encourages people to use their past to empower others to make changes.

SHIRLEY JOHNSON
Customer Service Analyst
Flowers Foods Specialty Group
Years of Service: 9
Charity: Greater Pleasant Hill
M.B. Church



Shirley is known for the smile and personal greeting she gives to each of her coworkers every day. She makes a conscious effort to get to know all of her coworkers and their families. Her inspiring mind-set extends to fundraising efforts for the Shriners and for her church.

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RONICA BAILEY
Bun Production Tech
FBC of Baton Rouge
Years of Service: 5
Charity: Little Zion Baptist Dance Team

More than a coworker, Ronica is a friend, sister, and “commander-in-chief” who pulls everyone at work together. She plans a fall festival for children in her neighborhood and is part of the Women’s Auxiliary. Ronica also has taken in a family in need and is helping them get back on their feet.



CURTIS LYONS
VP of Sales
FBC of Birmingham
Years of Service: 28
Charity: Urology Health Foundation

Curtis has always had a great attitude, but after being diagnosed with prostate cancer, his positive impact on those around him is even more noticeable. Curtis uses his experience to inform and encourage others. He dispels myths about prostate cancer through the I Survived Foundation, speaking to church and community groups.



BILL STEEVES
Controller
FBC of Bradenton
Years of Service: 28
Charity: St. Vincent de Paul Thrift Store

For 28 years, Bill has set an example of being cheerful and having a positive attitude at work. He’s never too busy to listen to a coworker, and always makes one feel welcome. Outside of work, Bill has a spirit of service, volunteering for St. Vincent de Paul, the St. Marks Food Bank, and the National Association of Letter Carriers food drive.



FABREKA ZINNERMAN
Production Helper
ButterKrust Bakery
Years of Service: 8
Charity: Achievement Academy

Always a guiding force for her team members, Fabreka is a real cheerleader who knows how to lift everyone’s spirits and help them refocus on the task at hand. Fabreka finds time to volunteer with the Liver Society, neighborhood watch, her church, and the Achievement Academy.



TIMOTHY SEXTON
Water Treatment Lead Operator
FB of Crossville
Years of Service: 14
Charity: Wounded Warriors

Tim’s guidance on the wastewater team is responsible for high morale among his team. He also is the senior enlisted leader for 225 sailors in his Navy Reserve unit. While he must take occasional military leave, he still finds time to volunteer. This summer he led a group of sailors in repainting a Blue Angels jet, a local high school mascot.



JON BAILEY
Sales Manager
FBC of Denton
Years of Service: 15
Charity: Texans Can Academy

Jon sees the bright side of everything and always is willing to lend a hand at work. He encourages everyone around him and believes in working The Flowers Way. Outside of work, Jon coaches softball and helps the football team on Friday nights. He also volunteers for the K-Kids Kiwanis Club.



GARY CARTEE
Director of Sales
Derst Baking Co.
Years of Service: 36
Charity: Paul Anderson Youth Home

In the office, Gary is known for his generous spirit, optimism, and upbeat attitude. He uses humor and positive reinforcement to motivate others and is always looking out for the best interests of employees and the company. An active member of the community, Gary volunteers at his church book store and teaches a Bible class.



MATTHEW DEL CAMPO
Sales Systems Coord.
FBC of El Paso
Years of Service: 4
Charity: March of Dimes

Matthew strives to help all those he meets — at work and away from work — and is a role model for others. Recently, on his birthday, he did a series of random acts of kindness — treating a homeless veteran to lunch, donating muffins to a senior center, donating diapers to babies at a hospital — in an effort to share “good vibrations” and spread good cheer.



BERTHA CARRAWAY
Production Helper
Franklin Baking Co.
Years of Service: 8
Charity: Destiny Ministries

A motivator at work and in her community, Bertha encourages others to be the best they can be. She is very active in her church, where she is a member of the choir and an annual conference delegate. She frequently cooks for children in her neighborhood, nourishing their bodies and spirits, and she volunteers for Habitat for Humanity.



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DONNA KLEIN
Office Manager
Holsum–Phoenix
Years of Service: 5
Charity: American Diabetes Association

Donna is an unsung hero at Holsum–Phoenix. Special events benefit from her touch and she's always helpful. Coworkers say she makes others feel important. Outside of work, she helps care for her handicapped sister, who is part of a group Donna spends many hours assisting with transportation and other activities.



ANN BOBLETT
Parts Room Clerk
Holsum–Tolleson
Years of Service: 17
Charity: Grand Canyon Council, Boy Scouts

Ann has worked as HR coordinator and production clerk before moving to her current position. Whatever her job, she goes above and beyond. Ann is president of the local Boy Scout program, secretary of the PTO, and a Box Top coordinator. She also serves as events coordinator on her church's ward council.



AMERICO VERA
Production Lead Person
FBC of Houston
Years of Service: 9
Charity: St. Charles Borromeo Church

Americo leaves coworkers with the lasting impression of his commitment to his work and his team. He always is willing to help, and spends time offering assistance for various projects at his local church. He is known for his generous spirit and helping out of the goodness of his heart.



JIMMY DIXON
Director of Sales
FBC of Jacksonville
Years of Service: 34
Charity: Emmanuel Baptist Church

Jimmy is always willing to do his part and is respected by coworkers. His positive attitude and community leadership make him a strong Flowers representative. He teaches Sunday school and works with an equestrian club that supports children with special needs. He's also the go-to guy for bakery donations to local charities.



RICK PEELE
Director of Logistics
FBC of Jamestown
Years of Service: 32
Charity: Friends of Trinity

As vice president of Friends of Trinity, Rick wears many hats for the civic group. He plays a key role in events and fundraisers throughout the year, many of which support veterans. He also participates in Toys for Tots and a local first responders dinner.



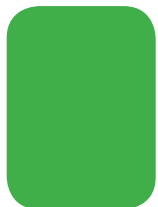
DOUGLAS RUBIN
Loader/Checker
FBC of Lafayette
Years of Service: 12
Charity: A Pregnancy Center & Clinic

Doug's big smile and love for others is infectious. He motivates coworkers with his work ethic and his willingness to help those less fortunate. In addition to being a minister at Spirit and Truth Church, he volunteers and ministers at A Pregnancy Center & Clinic. He also pays monthly visits to inmates at the parish jail.



ROBERT MARTINEZ
ESS Director
Leeland Baking Co.
Years of Service: 7
Charity: The Rose

Robert shows great leadership and respect on the job, and he's willing to help in ways large and small. In fact, he's been known to pitch in for every department at the bakery, from answering phones to helping in production. In the community, he helps elderly people who live in the area around the bakery.



RON JACQUES
Admin. Associate
Lepage Bakeries
Years of Service: 38
Charity: The Jimmy Fund

A gentleman in every sense of the word, Ron puts others first and has a positive attitude in all circumstances. He uses his passion for running to support a variety of running fundraisers, including Beach to Beacon, the Greater L-A Triple Crown, and the Boston Marathon Walk. Ron also is active in his church.



VICKY FIELDS
Production Helper
FB of London
Years of Service: 24
Charity: Vineyard Community Church

Vicky was nominated by several coworkers who described her as a "loving, Godly woman" who is "fun to work with." She is an advocate for the temporary workers at the bakery, encouraging them and ensuring they are trained properly. Away from work, Vicky is involved in her church and its outreach efforts.



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HUNTER SHEARIN
Branch Sales Manager
FBC of Lynchburg
Years of Service: 1.5
Charity: Widow's Mite Experience

Hunter is not afraid of hard work and eagerly supports his Flowers team. A man of high moral character, is head of security at his church, and maintains certification for life saving and fire safety. He helps with mission trips and with Widow's Mite Experience, drilling wells for safe drinking water.



ANDREW HERRIN
Manufacturing Manager
FBC of Miami
Years of Service: 16
Charity: Miami Rescue Mission

Andy's goal is to make everyone in the bakery smile and enjoy their jobs. He supports Relay for Life, the American Cancer Society, Walk to End Alzheimer's, Children's Home Society, and Miami Rescue Mission. Andy donates to the needy as well as to local police departments, and supports his local and hometown churches.



CHARLES BYRD
Production Supervisor
FB of Montgomery
Years of Service: 3
Charity: Christian Life Church

Charles embodies volunteerism and leadership. He's a charter member and former president of his Kiwanis Club, and has served on the board of the United Way and as an appointee of the Governor's Commission on Manufacturing Economic Stimulus and Free and Fair Trade. Charles also volunteers at his church.



BRIAN VAUGHN
Branch Sales Manager
FBC of Morristown
Years of Service: 17
Charity: Tennessee Valley Healthcare System

Brian is positive and caring, and is well known for his integrity. At his church, he works with the youth group and is part of a summer program that helps the elderly with small repairs and other work around their homes.



WILLIAM INGRAM
Engineering Supervisor
FBC of New Orleans
Years of Service: 1.5
Charity: Charter Oaks Baptist Church

Although Billy has worked at the New Orleans bakery for a short time, he has earned the respect of his coworkers. Billy has a passion for serving others, and is involved in church and community projects, including Boy Scouts, youth football, and Little League baseball.



JERMICHAEL DELLINGER
Production Technician
FBC of Newton
Years of Service: 7
Charity: Church of Jesus Christ

Jay is soft-spoken, upbeat, and always helpful. He has a good sense of humor and is a strong influence on others. When youth missions visit Jay's church, he serves as a mentor. Jay also volunteers for the Salvation Army and with the local animal shelter.



HEATHER NICHOLS
Controller
FBC of Norfolk
Years of Service: 5
Charity: Relay for Life, American Cancer Society

Always a pleasure to be around, Heather has an upbeat attitude at work, and believes in community service. She is active in her church, and works at a community pancake breakfast for the area homeless. She volunteers for the Girl Scouts and participates in a variety of charity runs.



WANDA PAYNE
Admin. Associate, HR
FBC of Opelika
Years of Service: 40
Charity: Providence Baptist Church Building Fund

As an Opelika team member for more than 40 years, Wanda has held a variety of roles over the years, and always goes above and beyond to offer assistance. Active in the community and her church, her Spirit Award nominator called Wanda "a wonderful person who is family oriented and a good friend."



ROSEANN BUCCI
Production Operator
FBC of Oxford
Years of Service: 15
Charity: St. Jude Children's Research Hospital

As a relative newcomer to the Flowers culture, Roseann may not say she knows much about The Flowers Way, but her coworkers say she lives it. Always cheerful, Roseann accomplishes whatever tasks are at hand, is approachable, and strives to help new employees.



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LES CANNADY
Account Manager
FBC of San Antonio
Years of Service: 34
Charity: Fisher House Foundation

Always one to show concern for others, Les is known for encouraging those around him to be their best — especially new employees. Les is the first in line to give time or donations to charity events, but he steers clear of the spotlight for those efforts.



TONY ARKEMA
Production Technician
Specialty Blending Co.
Years of Service: 1.5
Charity: Canine Companions for Independence

Tony's exemplary work ethic helps make him a leader, on and off the plant floor. He is a skilled and patient trainer and makes work fun. Coworkers describe him as motivating and enthusiastic, and say he builds confidence in those around him. He has a special place in his heart for animals and fosters and adopts dogs without homes.



RONALD HUNT
Maintenance Engineer II
FB of Suwanee
Years of Service: 10
Charity: Barrow County Christian Academy

Known for a soothing demeanor that adds calmness to stressful situations, Ron always has a kind word for others. He participates in feeding needy families every Thanksgiving, and pitches in to help the elderly in his neighborhood. Ron also is involved with his church.



GARY BELLOWS
Branch Sales Manager
Tasty Baking Co.
Years of Service: 2
Charity: SPCA – Humane Society

Gary is known for his people skills and the ability to calm stressful situations. He adopted a 5-month-old child abandoned by a mother with substance abuse problems. He later adopted another child from the same birth mother, rescuing both children from an unstable future.



MATTHEW PHILLIPS
ESS Director
FBC of Texarkana
Years of Service: 5
Charity: Harvest Texarkana Food Bank

Matt's positive attitude is clear to see. He is the kind of person who will change a flat tire for a stranger. Matt coaches soccer and assists with the cross country team. He volunteers for city-wide cleanup and for community fundraising projects. He also teaches several classes at his church.



DAVID WALLACE JR.
Sales Manager
FBC of Thomasville
Years of Service: 9
Charity: Mt. Zuma Baptist Church

David always is willing to help when coworkers are dealing with illness or death in the family. He has a helpful attitude and is supportive of those around him. David is involved with his church and helps transport children to weekly services. He visits the homebound and seniors, and volunteers for community service work.



JOHN BRADY
Director of Distribution
FBC of Tyler
Years of Service: 25
Charity: Rose Capital Little League Challenger Div.

John's efficient management of the distribution department and 20 depots does not mean that he's too busy to help those around him. He volunteers with Rose Capital East Little League Challenger Division, a non-competitive baseball league for children with mental or physical disabilities. He also hosts a cookout for the teams and their parents after the season.



TOMMY HILL
Engineering Technician
FB of Villa Rica
Years of Service: 6
Charity: Corinth Missionary Baptist Church

Tommy mentors people, both on and off the job. He ministers to those in need through his church, and he donates much of his time to the elderly and visiting local nursing homes. One of his coworkers called him "an inspiration to all, a teacher to some, and a mentor to many" and said that Tommy often brightens a bad day.



ANGIE SMITH
Quality Control Tech
FBC of Winston-Salem
Years of Service: 16
Charity: Hospice and Palliative CareCenter

Always one to take on extra tasks, Angie is conscientious and professional. She treats every job with the same positive attitude. Angie applies the same outlook outside the bakery. She participates in fundraisers for the American Heart Association, Wounded Warriors, hospice, Alzheimer's, and others. She is an excellent role model for those around her.