

MCCANN CHRISTOPHER G
 Form 4
 November 26, 2018

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287
 Expires: January 31, 2015
 Estimated average burden hours per response... 0.5

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 Responses)

1. Name and Address of Reporting Person *
 MCCANN CHRISTOPHER G

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) (Middle)

ONE OLD COUNTRY ROAD, SUITE 500

3. Date of Earliest Transaction (Month/Day/Year)
 11/21/2018

Director 10% Owner
 Officer (give title below) Other (specify below)
 CEO and President

(Street)

CARLE PLACE, NY 11514

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				(A) or (D)	Price		
				Code	V	Amount	
Class A Common Stock	11/21/2018		M	12,500	A	\$ 1.79	869,237 D
Class A Common Stock	11/21/2018		S	12,500	D	\$ 12.3 (1)	856,737 D
Class A Common Stock	11/23/2018		M	12,500	A	\$ 1.79	869,237 D
Class A Common Stock	11/23/2018		S	12,500	D	\$	856,737 D

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Common Stock	12.64 <u>(2)</u>			
Class A Common Stock		172,944	I	I <u>(3)</u>
Class A Common Stock		263,881	I	I <u>(3)</u>
Class A Common Stock		278,000	I	I <u>(3)</u>
Class A Common Stock		110	I	I <u>(4)</u>

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

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

SEC 1474
(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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
Stock Option (Right to Buy)	\$ 1.79	11/21/2018		M	12,500	<u>(5)</u> 10/26/2020	Class A Common Stock	12,500
Stock Option (Right to Buy)	\$ 1.79	11/23/2018		M	12,500	<u>(5)</u> 10/26/2020	Class A Common Stock	12,500

Reporting Owners

Reporting Owner Name / Address	Relationships
Reporting Owners	

