MCCANN CHRISTOPHER G
Form 4
October 31, 2007

FORM 4

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

OMB APPROVAL
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

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

(Last) (First) (Middle)

ONE OLD COUNTRY ROAD, SUITE 500

(Street)

CARLE PLACE, NY 11514

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading Symbol
1 800 FLOWERS COM INC [FLWS]

3. Date of Earliest Transaction (Month/Day/Year)
10/29/2007

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

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)
__X__ Director _____ 10% Owner
__X__ Officer (give title below) _____ Other (specify below)
President

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

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)
			Code	V	Amount	(A) or (D)	Price			
Class B Common Stock (1)	10/29/2007		M		23,600	A	$ 2	23,600	D	
Class B Common Stock (1)	10/29/2007		S		800	D	$ 12.4	22,800	D	
Class B Common Stock (1)	10/29/2007		S		1,100	D	$ 12.41	21,700	D	
Class B	10/29/2007		S		700	D	$	21,000	D	

Common Stock (1)						12.43		
Class B Common Stock (1)	10/29/2007		S	1,400	D	$ 12.44	19,600	D
Class B Common Stock (1)	10/29/2007		S	1,800	D	$ 12.45	17,800	D
Class B Common Stock (1)	10/29/2007		S	800	D	$ 12.47	17,000	D
Class B Common Stock (1)	10/29/2007		S	3,200	D	$ 12.48	13,800	D
Class B Common Stock (1)	10/29/2007		S	5,300	D	$ 12.49	8,500	D
Class B Common Stock (1)	10/29/2007		S	8,300	D	$ 12.5	200	D
Class B Common Stock (1)	10/29/2007		S	200	D	$ 12.51	0 (2)	D

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

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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)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option Right To	$ 2	10/29/2007		M			23,600	07/01/1998	07/01/2008	Class B Common Stock	23,600

Buy

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		President	

Signatures

/s/ Christopher G. McCann	10/31/2007
**Signature of Reporting Person	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) Class B Common Stock is converted immediately upon sale into Class A Common Stock

(2) In addition, the reporting person owns directly 1,776,019 shares of Class A Common Stock, of which 1,770,836 may be acquired within 60 days of October 9, 2007 through the exercise of stock options; indirectly owns 2,000,000 shares of Class B Common Stock held by a limited partnership of which the reporting person is a general partner and exercises control; and 52,548 shares of Class B Common Stock held by The McCann Charitable Foundation, Inc. of which the reprting person is a Director and Treasurer.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.
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