

NANCE MARK
Form 3
October 15, 2009

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0104
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

INITIAL STATEMENT OF 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 *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Â NANCE MARK		(Month/Day/Year)	1 800 FLOWERS COM INC [FLWS]	
(Last)	(First)	(Middle)	06/25/2009	
ONE OLD COUNTRY ROAD,Â SUITE 500			4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
(Street)			(Check all applicable)	
CARLE PLACE,Â NYÂ 11514			<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner	6. Individual or Joint/Group Filing(Check Applicable Line)
(City)	(State)	(Zip)	<input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other	<input checked="" type="checkbox"/> Form filed by One Reporting Person
			(give title below) (specify below)	<input type="checkbox"/> Form filed by More than One Reporting Person
			President Bloomnet	

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Class A Common Stock	93,313	D	Â

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. SEC 1473 (7-02)

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.

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
		Title			

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	Date Exercisable	Expiration Date	Class	Amount or Number of Shares		or Indirect (I) (Instr. 5)	
Stock Option (Right to Buy)	Â (1)	12/20/2014	Class A Common Stock	50,000	\$ 8.4	D	Â
Stock Option (Right to Buy)	Â (2)	10/13/2015	Class A Common Stock	7,500	\$ 6.52	D	Â
Stock Option (Right to Buy)	Â (3)	05/05/2016	Class A Common Stock	59,369	\$ 3.11	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
NANCE MARK ONE OLD COUNTRY ROAD SUITE 500 CARLE PLACE, NY 11514	Â	Â	Â President Bloomnet	Â

Signatures

/s/Mark Nance 10/14/2009

__Signature of
Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 5(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).

Options granted under the Company's 2003 Long Term Incentive and Share Award Plan. Option currently exercisable with respect to (1) 40,000 shares of Class A Common Stock and will become exercisable with respect to 10,000 shares of Class A Common Stock on December 20, 2009

Options granted under the Company's 2003 Long Term Incentive and Share Award Plan. Option currently exercisable with respect to (2) 4,500 shares of Class A Common Stock and will become exercisable with respect to 1,500 shares of Class A Common Stock on each of October 13, 2009 and October 13, 2010.

(3) Options vest ratably over a three-year period from grant date of May 5, 2009

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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