FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APF	PROVAL
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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(h)

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* MEANY DENNIS M				IN	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]								Check	all appl Direct	icable)	g Per	son(s) to Iss 10% Ov Other (s	wner
(Last) (First) (Middle) 521 WEST 57TH STREET					3. Date of Earliest Transaction (Month/Day/Year) 07/13/2006								X	below) "	C &	below) Secretary	·
(Street) NEW YORK NY 10019 (City) (State) (Zip)					4. If Amendment, Date of Original Filed (Month/Day/Year)								i. Indiv ine) X	·				
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																	
Date				ransaction e onth/Day/Ye	Execution Date,		ar) Code (Ir	bition Disposed Of (I 5)		ed Of (D) (In	(A) or Dries		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)	
	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)	perivative Conversion Date Execution Date, Transfecurity or Exercise (Month/Day/Year) if any Code			, Transa Code (ction of			6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Title an Amount o Securities Underlyin Derivative (Instr. 3 ar	8. Price o Derivative Security (Instr. 5)		9. Number derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	у	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Ex Da	piration te	Title	Amoun or Numbe of Shares	r					
Stock Equivalent Unit	\$0 ⁽¹⁾	07/13/2006	07/14/2006	A		60		(2)		(2)	Common Stock	60	\$	34.74	3,369		D	

Explanation of Responses:

- 1. The Stock Units ("Units") convert to Common Stock on a one-for-one basis.
- 2. Units under the Company's deferred compensation plan resulting from (a) deferral of compensation and Company match (in shares), (b) premium (in shares) to participants deferring compensation into Units and (c) dividends (in shares) on Units. 12 of the acquired Units are subject to vesting based on employment through December 31, 2007.

Remarks:

Dennis M. Meany

07/14/2006

** Signature of Reporting Person

Date

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

- * 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).

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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