

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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

OMB APPROVAL	
OMB Number:	3235-0287
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1. Name and Address of Reporting Person* <u>Chwat Anne</u>  (Last) (First) (Middle) 521 WEST 57TH STREET  (Street) NEW YORK NY 10019  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS &amp; FRAGRANCES INC [ IFF ]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner Officer (give title below) Other (specify below) EVP, GC, & Corp. Sec'y
	3. Date of Earliest Transaction (Month/Day/Year) 03/15/2017	
		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			
Common Stock	03/15/2017		A		1,753 <sup>(1)</sup>	A	\$0.0000	47,989	D	
Common Stock	03/15/2017		F		506 <sup>(2)</sup>	D	\$128.1	47,483	D	
Common Stock								1,347	I	By 401k

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 Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Stock Equivalent Unit	(3)	03/15/2017	03/16/2017	A		1,299		(4)	(4)	Common Stock	1,299	\$128.1	9,421	D	

Explanation of Responses:

- These shares represent a portion of the reporting person's payout under the 2014-2016 Long Term Incentive Plan ("LTIP") cycle settled in shares of the issuer's common stock, with the reporting person electing to defer the remaining portion of the LTIP payout settled in shares of the issuer's common stock under the issuer's deferred compensation plan ("DCP") as reflected in Table II. The total number of shares paid out under the LTIP was determined based on the average closing market price of the issuer's common stock for the twenty trading days prior to January 2, 2014, the first stock trading day of the LTIP cycle.
- Shares withheld to satisfy tax withholding obligations in connection with the receipt of shares under the LTIP.
- The Stock Units ("Units") convert to Common Stock on a one-for-one basis.
- Units under the Company's deferred compensation plan resulting from (a) deferral of a portion of the reporting person's payout under the LTIP settled in shares of the issuer's common stock, (b) deferral of compensation and Company match (in shares), (c) premium (in shares) to participants deferring compensation into Units and (d) dividends (in shares) on Units. 155 of the acquired Units are subject to vesting based on employment through December 31, 2018.

Nanci Prado, attorney in fact 03/16/2017

\*\* 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.

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 Number.