

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL	
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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* <u>Chwat Anne</u>  (Last) (First) (Middle) <u>521 WEST 57TH STREET</u>  (Street) <u>NEW YORK NY 10019</u>  (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS &amp; FRAGRANCES INC [ IF ]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>EVP, GC, &amp; Corp. Sec'y</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>01/08/2021</u>	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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	01/08/2021		M		469.528	A	\$0.0000 <sup>(1)</sup>	43,341.282	D	
Common Stock	01/08/2021		F		169 <sup>(2)</sup>	D	\$107.99	43,172.282	D	
Common Stock								4,627.619 <sup>(3)</sup>	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	Amount or Number of Shares				
Stock Equivalent Unit	(1)	01/08/2021		M			469.528	(1)	(1)	Common Stock	469.528	(1)	4,886.851 <sup>(4)</sup>	D	
Purchased Restricted Stock Units	(5)							04/01/2022	04/01/2022	Common Stock	4,135		4,135	D	
Purchased Restricted Stock Units	(5)							04/02/2021	04/02/2021	Common Stock	3,854		3,854	D	
Purchased Restricted Stock Units	(5)							04/06/2023	04/06/2023	Common Stock	4,569		4,569	D	

Explanation of Responses:

- Represents Stock Equivalent Units (the "Units") acquired under the Company's deferred compensation plan (the "DCP") previously reported. Each Unit converts to Common Stock on a one-for-one basis. On January 8, 2021, the Units were distributed from the DCP for an equal number of shares of Common Stock.
- Shares withheld to satisfy tax liability on shares acquired upon distribution of Units from the DCP.
- Includes shares acquired pursuant to a dividend reinvestment program since the last report. The transaction is exempt pursuant to Rule 16a-11.
- Includes Units acquired during the period upon reinvestment of dividends under the Company's deferred compensation plan since the last report. The transactions were exempt pursuant to Rule 16a-11.
- The Purchased Restricted Stock Units ("PRSU's") convert to Common Stock on a one-for-one basis.

/s/ Nanci Prado, attorney in fact 01/12/2021

\*\* 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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