

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

<b>OMB APPROVAL</b>	
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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

<p>1. Name and Address of Reporting Person*</p> <p><u>Chwat Anne</u></p> <p>(Last) (First) (Middle)</p> <p><u>521 WEST 57TH STREET</u></p> <p>(Street)</p> <p><u>NEW YORK NY 10019</u></p> <p>(City) (State) (Zip)</p>	<p>2. Issuer Name and Ticker or Trading Symbol</p> <p><u>INTERNATIONAL FLAVORS &amp; FRAGRANCES INC [ IFF ]</u></p> <p>3. Date of Earliest Transaction (Month/Day/Year)</p> <p><u>01/15/2020</u></p> <p>4. If Amendment, Date of Original Filed (Month/Day/Year)</p>	<p>5. Relationship of Reporting Person(s) to Issuer (Check all applicable)</p> <p>Director _____ 10% Owner _____</p> <p>Officer (give title below) <input checked="" type="checkbox"/> Other (specify below) _____</p> <p style="text-align: center;"><u>EVP, GC, &amp; Corp. Sec'y</u></p> <p>6. Individual or Joint/Group Filing (Check Applicable Line)</p> <p><input checked="" type="checkbox"/> Form filed by One Reporting Person</p> <p>Form filed by More than One Reporting Person _____</p>
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**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	01/15/2020		M		2,703.72	A	\$0 <sup>(1)</sup>	41,576.754	D	
Common Stock	01/15/2020		F		970 <sup>(2)</sup>	D	\$127.36	40,606.754	D	
Common Stock								4,537.013 <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	(4)	01/15/2020		A		19.44 <sup>(5)</sup>		(6)	(6)	Common Stock	19.44	\$129.94	7,106.796	D	
Stock Equivalent Unit	(1)	01/15/2020		M		2,703.72		(1)	(1)	Common Stock	2,703.72	(1)	4,403.076 <sup>(7)</sup>	D	
Purchased Restricted Stock Units	(8)							04/01/2022	04/01/2022	Common Stock	4,135		4,135	D	
Purchased Restricted Stock Units	(8)							04/02/2021	04/02/2021	Common Stock	3,854		3,854	D	
Purchased Restricted Stock Units	(8)							04/03/2020	04/03/2020	Common Stock	4,105		4,105	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 15, 2020, 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.
- The Stock Units ("Units") convert to Common Stock on a one-for-one basis.
- Reflects Units under the Company's deferred compensation plan resulting from deferral of compensation and the 25% premium contributed by the Company on such Units. Units contributed by the Company are subject to vesting based on continued employment through December 31, 2021.
- The Units are payable in Common Stock upon earlier of termination of employment or January 1 following retirement.
- Includes Units acquired during the period upon reinvestment of dividends under the Company's deferred compensation plan during 2020. The transactions were exempt pursuant to Rule 16a-11.
- The Purchased Restricted Stock Units ("PRSUs") convert to Common Stock on a one-for-one basis.

/s/ Nanci Prado, attorney in fact 01/17/2020

\*\* 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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