

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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

1. Name and Address of Reporting Person* <u>Jilla Rustom</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 & FRAGRANCES INC [IFF]</u> 3. Date of Earliest Transaction (Month/Day/Year) <u>01/02/2021</u> 4. If Amendment, Date of Original Filed (Month/Day/Year)			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>CFO</u> 6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		
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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	01/02/2021		M		2,945 ⁽¹⁾	A	\$0.0000 ⁽²⁾	4,544	D	
Common Stock	01/02/2021		F		996 ⁽³⁾	D	\$105.08	3,548	D	

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				
Restricted Stock Units	(2)	01/02/2021		M		2,945 ⁽¹⁾		01/02/2021 ⁽⁴⁾	01/02/2023 ⁽⁴⁾	Common Stock	2,945	(2)	2,944 ⁽⁴⁾	D	
Purchased Restricted Stock Units	(5)							04/06/2023	04/06/2023	Common Stock	1,599		1,599	D	
Restricted Stock Units	(6)							04/06/2023	04/06/2023	Common Stock	2,475		2,475	D	
Stock Equivalent Unit	(7)							(8)	(8)	Common Stock	338.291		338.291	D	
Stock Settled Appreciation Rights	\$135.84							01/02/2021	02/03/2027	Common Stock	11,042		11,042	D	

Explanation of Responses:

- Reflects vesting of the first tranche of Restricted Stock Units ("RSUs") granted on February 3, 2020.
- The RSUs convert to Common Stock on a one-for-one basis.
- Reflects shares withheld for taxes payable upon the vesting of the RSUs using the closing price of the Common Stock on January 4, 2020, which was the first trading day following the vesting date.
- The remaining RSUs will vest in two equal installments on January 2, 2022 and January 2, 2023.
- The Purchased Restricted Stock Units ("PRSUs") convert to Common Stock on a one-for-one basis.
- The Restricted Stock Units ("RSUs") convert to Common Stock on a one-for-one basis.
- The Stock Equivalent Units ("Units") convert to Common Stock on a one-for-one basis.
- The Units are payable in Common Stock upon earlier of termination of employment or January 1 following retirement.

/s/ Nanci Prado, attorney in fact 01/05/2021

** 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.

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.