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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

OMB APF	PROVAL
OMB Number:	3235-0287
Estimated average	burden

Estimated average burden	
hours per response:	0.5

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1. Name and Address of Reporting Person [*] FORD BETH					2. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS &</u> <u>FRAGRANCES INC</u> [IFF]									neck all appl Direct	,	g Pers	on(s) to Iss 10% Ov Other (s	vner
(Last)	(F	First)	(Middle)										_	X below			below)	specify
521 WEST 57TH STREET					3. Date of Earliest Transaction (Month/Day/Year) 08/30/2011										EVP, Sup	oply C	Chain	
(Street)					4. If Ame	endment, Date	e of Ori	iginal	Filed	(Month/E	Day/Ye	ear)	6. I Lin		Joint/Group	Filing	(Check Ap	plicable
NEW YO	ORK N	ſΥ	10019											X Form	filed by One	e Repo	orting Perso	n
(City)		State)	(Zip)											Form Perso	filed by Mor on	e than	One Repo	rting
		Tab	le I - Nor	n-Deriva	ative Se	curities A	cquir	red,	Disp	osed	of, o	or Bene	eficial	lly Owne	d			
1. Title of Security (Instr. 3) 2. Trans Date (Month/I			Execution Date,			Code (Instr. 5)						Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership				
							С	Code	v	Amount	t	(A) or (D)	Price	Transad (Instr. 3	ction(s)		ľ	(Instr. 4)
		Т				urities Acc s, warrants								Owned			,	
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security		3A. Deeme Execution if any (Month/Day	Date, 1	I. Fransaction Code (Instr. 3)			ration	Date	ble and)	Amo Secu Unde Deriv	tle and bunt of urities erlying vative Se tr. 3 and 4		8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	y [10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nat of Indir Benefic Owners (Instr. 4
	1	1	1												1	- 1		1

				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Equivalent Unit	(1)	08/30/2011	08/31/2011	A		68		(2)	(2)	Common Stock	68	\$57.6	9,611	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. 14 of the acquired Units are subject to vesting based on employment through December 31, 2012.

<u>By: Jodie Simon Friedman,</u>	08/3
<u>attorney in fact</u>	00/3
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31/2011

** 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.