

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF
SECURITIES

OMB APPROVAL

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hours per response: 0.5Filed 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>DENNIS M MEANY</u> (Last) (First) (Middle) <u>INTERNATIONAL FLAVORS & FRAGRANCES INC.</u> <u>521 W. 57TH ST.</u> (Street) <u>NEW YORK NY 10019</u> (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) <u>01/01/2004</u>	3. Issuer Name and Ticker or Trading Symbol <u>INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]</u>	
		4. 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>SVP, General Counsel & Secr.</u>	5. If Amendment, Date of Original Filed (Month/Day/Year) 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

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
<u>Common Stock</u>	<u>440</u>	<u>D</u>	

Table II - Derivative Securities Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
<u>Stock Options (right to buy)</u>	<u>(1)</u>	<u>03/11/2013</u>	<u>Common Stock</u>	<u>12,000</u>	<u>29.86</u>	<u>D</u>	
<u>Stock Options (right to buy)</u>	<u>(2)</u>	<u>05/07/2012</u>	<u>Common Stock</u>	<u>7,000</u>	<u>32.82</u>	<u>D</u>	
<u>Stock Units⁽³⁾</u>	<u>(3)</u>	<u>(3)</u>	<u>Common Stock</u>	<u>328</u>	<u>(4)</u>	<u>D</u>	

Explanation of Responses:

- The options vest in three equal annual installments beginning March 11, 2004.
- The options vest in three equal annual installments beginning May 7, 2003.
- Stock units ("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. 66 of the Units are subject to vesting based on employment through December 31, 2004.
- The Units convert to Common Stock on a one-for-one basis.

Dennis M. Meany01/05/2004

** 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 5 (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.

POWER OF ATTORNEY

I, Dennis M. Meany, Senior Vice President, General Counsel and Secretary of International Flavors & Fragrances Inc. ("Company"), hereby appoint Joseph F. Leightner and Jodie Simon as my attorney in fact to act severally in my name, place and stead in any way which I myself could do with respect to the completing, signing and filing of statements of beneficial ownership and changes therein as required from time to time pursuant to the Securities Exchange Act of 1934. This power shall continue for such period as I am employed as an officer of the Company.

In witness whereof, I have hereunto signed my name this 25th day of November, 2003.

DENNIS M. MEANY

Dennis M. Meany