FORM 4

obligations may continue. See Instruction 1(b).

Check this box if no longer subject to Section 16. Form 4 or Form 5

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

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>					2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [ IFF ]									heck all ap	plicable) ector	10%	Issuer Owner r (specify
(Last) (First) (Middle) 521 WEST 57TH STREET				3. Date of Earliest Transaction (Month/Day/Year) 05/13/2014											ow) T	belov	v) .
itreet) NEW YORK NY 10019  City) (State) (Zip)				4. If	4. If Amendment, Date of Original Filed (Month/Day/Year)									Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person     Form filed by More than One Reporting Person			
	Tab	le I - No	n-Deriv	ative	Sec	uritie	s Acc	quired	, Dis	posed o	f, or	Bene	eficia	lly Owr	ed		
Date				e Exec onth/Day/Year) if any			kecution Date, any							5) Secu Bene Own	rities ficially ed Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
								Code	v	Amount	(A) or (D) Pri		Price	Tran	saction(s)		(11150.4)
Common Stock 05/13/2				/2014	2014			A		5,499(1)	)	<b>A</b> :	\$0.00	00	44,395	D	
Common Stock														828	I	By 401k	
	Ta													Owne	i		
2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	Execution if any	on Date, Day/Year)		Transaction Code (Instr. 3)		of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		on Dat	te	Amour or Numbe of		str. 3 ount	Derivative Security	derivative Securities Beneficially Owned Following Reported	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
	(F F 57TH S' RK N (S ecurity (Ins Ctock Ctock Conversion or Exercise Price of Derivative	(First) ( T 57TH STREET  RK NY  (State) ( Table ecurity (Instr. 3)  Stock  Conversion or Exercise Price of Derivative  (Month/Day/Year)	(First) (Middle) T 57TH STREET  RK NY 10019  (State) (Zip)  Table I - No ecurity (Instr. 3)  Stock  Table II -  2. Conversion or Exercise Price of Derivative  (Month/Day/Year)  (Month/Day/Year)	(First) (Middle)  T 57TH STREET  RK NY 10019  (State) (Zip)  Table I - Non-Derive (Month/D)  Stock  Table II - Derivate (e.g., p)  2. Transaction Date (Month/Day/Year)  Price of Derivative  3. Transaction Date (Month/Day/Year)  (Month/Day/Year)	(First) (Middle)  T 57TH STREET  (State) (Zip)  Table I - Non-Derivative  Courity (Instr. 3)  2. Transaction Date (Month/Day/Year)  Conversion or Exercise Price of Derivative  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  3. Transaction Date (Month/Day/Year)  Execution Date, if any (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)	(First) (Middle) 3. Date of 05/13/20  RK NY 10019  (State) (Zip)  Table I - Non-Derivative Security (Instr. 3)  2. Transaction Date (Month/Day/Year) (Month/Day/Year)  Table II - Derivative Security (e.g., puts, calls, if any (Month/Day/Year) (Month/Day/Year)  2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)  3. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year)	Table I - Non-Derivative Securities (Month/Day/Year)  Table II - Derivative Securities (e.g., puts, calls, warra (Month/Day/Year)  Table II - Derivative Securities (e.g., puts, calls, warra (Month/Day/Year)  Table II - Derivative Securities (e.g., puts, calls, warra (Month/Day/Year)  Table II - Derivative Securities (e.g., puts, calls, warra (Month/Day/Year)  Table II - Derivative Securities (e.g., puts, calls, warra (Month/Day/Year)  Table II - Derivative Securities (e.g., puts, calls, warra (A) or Derivative Security)	(First) (Middle)  T 57TH STREET  (State) (Zip)  Table I - Non-Derivative Securities Accurity (Instr. 3)  2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  Table II - Derivative Securities Acquee.g., puts, calls, warrants, (Month/Day/Year)  2. Transaction Date (if any (Month/Day/Year)  Stock  Table II - Derivative Securities Acquee.g., puts, calls, warrants, (Month/Day/Year)  3. Date of Earliest Trans 05/13/2014  4. If Amendment, Date of Execution Date, if any (Month/Day/Year)  Execution Date (Month/Day/Year)  3. Transaction Date (Month/Day/Year)	INTERNATIONAL F   FRAGRANCES INC	INTERNATIONAL FLAV FRAGRANCES INC [IFF  3. Date of Earliest Transaction (Month, 05/13/2014  4. If Amendment, Date of Original Filed  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Dispension of Execution Date, (Month/Day/Year)  (Month/Day/Year)  Stock  Table II - Derivative Securities Acquired, Dispension of Exercise (Light)  (Light)  Table II - Derivative Securities Acquired, Dispension of Exercise (Light)  (Light)  (Light)  (State) (Zip)  Table II - Derivative Securities Acquired, Dispension of Exercise (Light)  (Light)  (Light)  (Month/Day/Year)  (Month/Day/Year)	(First) (Middle)  (First) (Middle)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed Conversion or Exercise Price of	(First) (Middle)  (First) (Middle)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Date (Month/Day/Year)  (Month/Day/Year)  (Stock	(First) (Middle)  (First) (Middle)  (First) (Middle)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Benefice (Month/Day/Year)  (Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Benefice (Month/Day/Year)  (Month/Day/Year)  (A) or (D)  (Code V Amount (B)  (Code V Amount (A) or (D)  (Code V Amount (B)  (Code V Amoun	INTERNATIONAL FLAVORS & FRAGRANCES INC [ IFF ]	INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]  3. Date of Earliest Transaction (Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Own (Month/Day/Year)  (State) (Zip)  Table I - Non-Derivative Securities Acquired, Disposed of (D) (Instr. 3, 4 and 5)  (Month/Day/Year) (Month/Day/Year)  (Stock	INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]   Check all applicable)   Director X Officer (give title below)   SVP, GC, & Of	INTERNATIONAL FLAVORS & FRAGRANCES INC [ IFF ]

## **Explanation of Responses:**

1. Represents matching grant of restricted shares under the Equity Choice Program, all of which will vest on April 13, 2017.

Nanci Prado, attorney in fact 05/15/2014

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- $^{\star}$  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.