FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

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

ENT OF CHANGES IN BENEFICIAL OWNERSHIP

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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

1. Name ar	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]								(Ch	elationship eck all appli X Directo	cable)	Reporting Person(s) to Issuer ole) 10% Owner						
(Last) (First) (Middle) 521 WEST 57TH STREET				3. Date of Earliest Transaction (Month/Day/Year) 03/08/2011									Officer below)	(give title		Other (s below)	specify	
(Street) NEW Y(10019 (Zip)		4. If Amendment, Date of Original Filed (Month/Day/Year)								Line	e) <mark>X</mark> Form t Form t				
		Tal	ble I - Non	-Deriva	ative S	ecuri	ties A	Acqu	uired, C)isp	osed of	, or Ben	eficiall	y Owned				
1. Title of Security (Instr. 3) 2. Transa Date (Month/Date)				2A. Deemed Execution Dat			·	Transaction Disposed Code (Instr. 5)		(A) or (D) (Price		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)		
	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 (Instr. 3) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) 3A. Deemed Execution Date, if any (Month/Day/Year)			Co	nsactio de (Instr	n of Deri Sec Acq (A) o Disp	osed 0) tr. 3, 4	Expi	. Date Exercisable and xpiration 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)	Beneficial Ownership (Instr. 4)	
				Co	de V	(A)	(D)	Date Exer	cisable	Ex Da	piration te	Title	Amount or Number of Shares					
Restricted Stock Units	(1)	03/08/2011		1		264		03/08	8/2014 ⁽¹⁾	03/	/08/2014 ⁽¹⁾	Common Stock	264	\$0.0000	264		D	

Explanation of Responses:

1. Restricted Stock Units ("RSUs") granted under the Non-Employee Director Compensation Program. The RSUs must be deferred on vesting and are not payable until retirement or other termination of directorship. The RSUs convert to Common Stock on a one-for-one basis.

By: Jodie Simon Friedman, attorney in fact

03/10/2011

** 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.