FORM 4

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

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

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* MEANY DENNIS M					2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL FLAVORS & FRAGRANCES INC [IFF]								Check all app Direct	,	g Pers	son(s) to Iss 10% Ov Other (s	vner
(Last) (First) (Middle) 521 WEST 57TH STREET					3. Date of Earliest Transaction (Month/Day/Year) 07/15/2010								^ below	/P, Gen.Co	ounsel	below)	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
(Street) NEW YO	ORK N	Y :	10019	4.1	f Amer	ndmen	t, Date	of Original F	iled (N	Month/D	ay/Year)		ne) X Form	Joint/Group	e Repo	orting Perso	n
(City)	(S	tate) (Zip)										1 010	JII			
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																	
Date			ansaction th/Day/Ye	Execution Date,		Code (In	Transaction Disposed Of (D) (Instr. 3, 4) Code (Instr. 5)				nd Securi Benefi	ies For ially (D) Following (I) (Ownership rm: Direct or Indirect (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
							Code	,	Amount	ount (A) or (D)		Transa	action(s) 3 and 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	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	Code	Transaction Code (Instr.		vative prities pritied r osed) r. 3, 4	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)	y G	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Expi	iration e	Title	Amount or Number of Shares					
Stock Equivalent Unit	(1)	07/15/2010	07/16/2010	A		48		(2)		(2)	Common Stock	48	\$45	23,017		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. 10 of the acquired Units are subject to vesting based on employment through December 31, 2011.

Remarks:

/s/ Dennis M. Meany

07/16/2010

** 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.