

GENERAL MILLS INC
Form 4
December 23, 2004

FORM 4

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

OMB APPROVAL

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
Powell Kendall J

(Last) (First) (Middle)

GENERAL MILLS INC, NUMBER ONE GENERAL MILLS BLVD

(Street)

MINNEAPOLIS, MN 55426

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
GENERAL MILLS INC [GIS]

3. Date of Earliest Transaction (Month/Day/Year)
12/22/2004

4. If Amendment, Date Original Filed (Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)

SR VICE PRESIDENT

6. Individual or Joint/Group Filing (Check Applicable Line)
 Form filed by One Reporting Person
____ Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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)
			Code	V	Amount (A) or (D) Price		
COMMON STOCK	12/22/2004		M		25,000 A \$ 26.22 0	D	
COMMON STOCK	12/22/2004		M		3,044 A \$ 22.553 0	D	
COMMON STOCK	12/22/2004		S		1,200 (2) D \$ 49.09 0	D	
COMMON STOCK	12/22/2004		S		500 (2) D \$ 49.03 0	D	
COMMON STOCK	12/22/2004		S		1,200 (2) D \$ 49.01 0	D	

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COMMON STOCK	12/22/2004		S	900 <u>(2)</u>	D	\$ 49 0	D		
COMMON STOCK	12/22/2004		S	1,200 <u>(2)</u>	D	\$ 48.9 0	D		
COMMON STOCK	12/22/2004		S	2,000 <u>(2)</u>	D	\$ 48.78 0	D		
COMMON STOCK	12/22/2004		S	2,300 <u>(2)</u>	D	\$ 48.86 0	D		
COMMON STOCK	12/22/2004		S	6,600 <u>(2)</u>	D	\$ 48.85 0	D		
COMMON STOCK	12/22/2004		S	1,800 <u>(2)</u>	D	\$ 48.84 0	D		
COMMON STOCK	12/22/2004		S	1,100 <u>(2)</u>	D	\$ 48.83 0	D		
COMMON STOCK	12/22/2004		S	400 <u>(2)</u>	D	\$ 48.82 0	D		
COMMON STOCK	12/22/2004		S	400 <u>(2)</u>	D	\$ 48.81 0	D		
COMMON STOCK	12/22/2004		S	1,100 <u>(2)</u>	D	\$ 48.8 0	D		
COMMON STOCK	12/22/2004		S	600 <u>(2)</u>	D	\$ 48.94 0	D		
COMMON STOCK	12/22/2004		S	1,100 <u>(2)</u>	D	\$ 48.75 0	D		
COMMON STOCK	12/22/2004		S	600 <u>(2)</u>	D	\$ 49.06 0	D		
COMMON STOCK	12/22/2004		S	5,044 <u>(2)</u>	D	\$ 49.15 63,938	D		
COMMON STOCK							388	I	See Footnote <u>(1)</u>

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

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(9-02)

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

1. Title of Derivative Security	2. Conversion or Exercise	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any	4. Transaction Code	5. Number of Derivative Securities	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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(Instr. 3)	Price of Derivative Security	(Month/Day/Year)	(Instr. 8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
OPTION TO BUY	\$ 22.553	12/22/2004			M		3,044		12/12/1999	01/12/2005	COMMON STOCK	3,044
OPTION TO BUY	\$ 26.22	12/22/2004			M		25,000		06/26/2000	07/26/2005	COMMON STOCK	25,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Powell Kendall J GENERAL MILLS INC NUMBER ONE GENERAL MILLS BLVD MINNEAPOLIS, MN 55426			SR VICE PRESIDENT	

Signatures

Trevor Gunderson by Power of Attorney on behalf of KENDALL POWELL 12/23/2004

__Signature of Reporting Person Date

Explanation of Responses:

- * 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).
- (1) Held in Trust by the Trustee of the General Mills Savings Plan.
- (2) Shares were sold pursuant to a 10b5-1 trading plan dated 09/23/2004
- (3) Employee option (right to buy) granted by the Compensation Committee of Board of Directors of General Mills, Inc. under shareholder-approved stock option plans.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.