## FORM 4

(Print or Type Responses)

# 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 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* Seaberg Karen			2. Issuer Name and Ticker or Trading Symbol MGP INGREDIENTS INC [MGPI]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  X Director 10% Owner						
(Last) 20076 266TH ROAL	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 06/28/2016							er (give title belo	ow)	Other (specify	below)	_
	(Street)		4. If Amendmen	t, Date Orig	inal	Filed(Month/	Day/Yea	ar)	_X_ Form fil	ual or Joint/Ged by One Repo	orting Person		able Line	e)
ATCHISON, KS 660	(State)	(Zip)	7	Table I - No	n-D	erivative S	ecuriti	ies Acqui	red. Dispo	osed of, or I	Seneficially	Owned		
1.Title of Security (Instr. 3)	Date	ransaction enth/Day/Year)	2A. Deemed Execution Date, if	3. Transact Code (Instr. 8)	tion	4. Securition Dispose (Instr. 3, 4	es Acq d of (I and 5) (A) or	uired (A)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		6. Ownership Form: Direct (D) or Indirect (I)	Benef	direct ficial ership	
Common Stock	06/2	28/2016		Code G	V	Amount 114,652	D D	\$ 0	696,226		(Instr. 4)	by spou trust		
Common Stock	08/0	09/2016		S		441	D	\$ 33.965	118,628		I	by spou IRA		
Common Stock	08/0	09/2016		S		1,470	D	\$ 33.903	694,756		I	by spou trust		
Common Stock	08/0	09/2016		S		5,880	D	\$ 34.005	2,568,087		I	by C MGI Hold LP		
Common Stock	08/	09/2016		S		1,470	D	\$ 33.911	164,069			I	by tr	rust
Common Stock	08/2	25/2016		G		268	D	\$ 0	694,488		I	by spou trust		
Common Stock 08/30/2016			S		0.782	D	\$ 37.6	10,000	10,000 (1)					
Common Stock	08/	30/2016		S		0.63	D	\$ 37.6	213,357 (1) (2)		I	by tr	rust	
Common Stock	09/	13/2016		G		198	D	\$ 0	694,290		I	by spouse's trust		
Reminder: Report on a sep	parate line for ea		<u> </u>		Pe co the	rsons who ntained in e form dis	resp this f plays	form are a currer	not requ ntly valid	ction of inf uired to res OMB conf	spond unle	ess	C 1474 (	(9-02)
			Derivative Securi (e.g., puts, calls, v	varrants, o	ption	ns, convert	ble se	curities)						
Derivative Conversion I	3. Transaction Date Month/Day/Yea	r) any	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	an (M	Date Exerc d Expiration fonth/Day/\frac{1}{2}	n Date	Amo Unde Secu	tle and bunt of purity of perivative Security (Instr. 5)  8. Price of Derivative Security (Instr. 5)  8. Price of Derivative Securities Beneficial Owned Following Reported Transactic (Instr. 4)		Owners Form o Derivat Securit Direct or India	ship of Botive O' (In (D) rect	1. Nature f Indirect geneficial wnership instr. 4)	

	Code V (A)	Exercisable	Expiration Date Title	Amount or Number of Shares		
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### **Reporting Owners**

D (1 0 N /	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Seaberg Karen 20076 266TH ROAD ATCHISON, KS 66002	X						

### **Signatures**

/s/ Lori Norlen, Attorney in Fact for Karen Seaberg	09/16/2016
**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) Transferred 20,395 directly-owned shares to revocable trust in 2016.
- (2) Reflects transfer of shares previously reported as indirectly owned "by ESPP" to revocable trust in 2016.

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.