Form 144 Filer Information

FORM 144

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

Form 144

NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information	
Filer CIK	0001471262
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	● LIVE ◎ TEST
Submission Contact Information	
Name	
Phone	
E-Mail Address	
144: Issuer Information	
Name of Issuer	MGP INGREDIENTS INC
SEC File Number	000-17196
Address of Issuer	1300 MAIN ST ATCHISON FLORIDA 66002
Phone	9133671480
Name of Person for Whose Account the Securities are To Be Sold	Seaberg Karen
the securities are to be sold but also as to a	(a) of Rule 144. Information is to be given not only as to the person for whose account ill other persons included in that definition. In addition, information shall be given as to red by paragraph (e) of Rule 144 to be aggregated with sales for the account of the
Relationship to Issuer	Officer
144: Securities Information	
Title of the Class of Securities To Be Sold	Common
Name and Address of the Broker	Raymond James & Associates, Inc. 880 Carillon Parkway St. Petersburg FL 33716
Number of Shares or Other Units To Be Sold	938
Aggregate Market Value	99982.97
Number of Shares or Other Units Outstanding	21950862
Approximate Date of Sale	07/03/2023
Name the Securities Exchange	Nasdaq

any part of the purchase price or other consideration therefor:		
144: Securities To Be Sol	d	
Title of the Class	Common	
Date you Acquired	01/20/2009	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Cloud L Cray Family Trust	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	117320	
Date of Payment	01/20/2009	
Nature of Payment	N/A	
note thereto the nature of the consideration	ment therefor was not made in cash at the time of purchase, explain in the table or in a given. If the consideration consisted of any note or other obligation, or if payment was ment and state when the note or other obligation was discharged in full or the last	
144: Securities To Be Sol	d	
Title of the Class	Common	
Date you Acquired	01/23/2009	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Cloud L Cray Family Trust	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	107420	
Date of Payment	01/23/2009	
Nature of Payment	N/A	
If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.		
144: Securities To Be Sold		
Title of the Class	Common	
Date you Acquired	12/29/2009	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Cloud L Cray Family Trust	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	1200	

12/29/2009

N/A

Date of Payment

144: Securities To Be Sol	d
Title of the Class	Common
Date you Acquired	01/10/2011
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	1200
Date of Payment	01/10/2011
Nature of Payment	N/A
note thereto the nature of the consideration of made in installments describe the arrangent installment paid.	ment therefor was not made in cash at the time of purchase, explain in the table or in a given. If the consideration consisted of any note or other obligation, or if payment was nent and state when the note or other obligation was discharged in full or the last
144: Securities To Be Sol	d
Title of the Class	Common
Date you Acquired	02/29/2012
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust
Is this a Gift?	□ Date Donor Acquired
Amount of Securities Acquired	600
Date of Payment	02/29/2012
Nature of Payment	N/A
note thereto the nature of the consideration g	ment therefor was not made in cash at the time of purchase, explain in the table or in a given. If the consideration consisted of any note or other obligation, or if payment was nent and state when the note or other obligation was discharged in full or the last
144: Securities To Be Sol	d
Title of the Class	Common
Date you Acquired	12/24/2012
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	600

12/24/2012

Date of Payment

Nature of Payment	N/A
If the securities were purchased and full pay	ment therefor was not made in cash at the time of purchase, explain in the table or in a

144: Securities To Be Sold		
Title of the Class	Common	
Date you Acquired	12/04/2013	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Cloud L Cray Family Trust	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	600	
Date of Payment	12/04/2013	
Nature of Payment	N/A	

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	12/16/2014
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	500
Date of Payment	12/16/2014
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	12/15/2015
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust
Is this a Gift?	□ Date Donor Acquired
Amount of Securities Acquired	272

Date of Payment	12/15/2015
Nature of Payment	N/A

144: Securities To Be Sold	
Title of the Class	Common
Date you Acquired	12/17/2016
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	81
Date of Payment	12/17/2016

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

N/A

N/A

Title of the Class Date you Acquired Nature of Acquisition Transaction Name of Person from Whom Acquired Is this a Gift? Date Donor Acquired Date of Payment Date Sold Common 08/25/2016 Gift Cloud L Cray Family Trust Date Donor Acquired

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Nature of Payment

Title of the Class	Common
Date you Acquired	08/25/2016
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust
Is this a Gift?	Date Donor Acquired

Amount of Securities Acquired	44594
Date of Payment	08/25/2016
Nature of Payment	N/A

Title of the Class Date you Acquired Nature of Acquisition Transaction Name of Person from Whom Acquired Is this a Gift? Date Donor Acquired Date of Payment Common Common 11/16/2017 Gift Karen Seaberg Date Donor Acquired 591 11/16/2017

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

N/A

N/A

Title of the Class Date you Acquired Nature of Acquisition Transaction Name of Person from Whom Acquired Is this a Gift? Date Donor Acquired Manunt of Securities Acquired Date of Payment Date Of Payment 12/28/2017

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Nature of Payment

Title of the Class	Common
Date you Acquired	07/03/2018
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg

Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	1273	
Date of Payment	07/03/2018	
Nature of Payment	N/A	
If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a		

144: Securities To Be Sold

Title of the Class	Common
Title of the Class	Common
Date you Acquired	09/18/2018
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	10000
Amount of Securities Acquired	10000
Date of Payment	09/18/2018
No.	N/A
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	12/14/2018
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	363
Date of Payment	12/14/2018
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	12/18/2018
Nature of Acquisition Transaction	Gift

Name of Person from Whom Acquired	Cloud L Cray Family Trust	
Is this a Gift?	☐ Date Donor Acquired	
Amount of Securities Acquired	88	
Date of Payment	12/18/2018	
Nature of Payment	N/A	
If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was		

Title of the Class Date you Acquired Nature of Acquisition Transaction Name of Person from Whom Acquired Is this a Gift? Date Donor Acquired Date of Payment Date O2/27/2019

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

N/A

144: Securities To Be Sold

Nature of Payment

Title of the Class	Common	
Title of the Class	Common	
Date you Acquired	05/21/2019	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Karen Seaberg	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	823	
B	[a=a, a=a, a=a, a=a, a=a, a=a, a=a, a=a,	
Date of Payment	05/21/2019	
	h.u.	
Nature of Payment	N/A	

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	07/30/2020

Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Cloud L Cray Family Trust
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	71
Date of Payment	07/30/2020
Nature of Payment	N/A
If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a	

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	11/17/2020
Nature of Acquisition Transaction	Board Compensation
Name of Person from Whom Acquired	Issuer
L III O'00	
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	7625
Date of Payment	11/17/2020
Nature of Payment	IN/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	02/18/2021
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Laidacker Seaberg Revocable Trust
Name of Ferson from Whom Acquired	Euloudical Goddong Novocubic Hudi
Is this a Gift?	□Date Donor Acquired
Amount of Securities Acquired	104993
Date of Payment	02/18/2021
·	
Nature of Payment	N/A

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities To Be Sold

Title of the Class Common

Date you Acquired	08/19/2021	
Nature of Acquisition Transaction	Board Compensation	
Name of Person from Whom Acquired	Issuer	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	2687	
Date of Payment	08/19/2021	
Nature of Payment	N/A	
If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.		
144: Securities To Be Sold		
Title of the Class	Common	
Date you Acquired	03/06/2023	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Karen Seaberg	
Is this a Gift?	Date Donor Acquired	

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

2905

N/A

03/06/2023

Name and Address of Seller	Karen Seaberg 20073 266th Rd Atchison KS 66002
Title of Securities Sold	Common
Date of Sale	06/20/2023
Amount of Securities Sold	985
Gross Proceeds	100172.41

144: Remarks and Signature

Amount of Securities Acquired

Date of Payment

Remarks	
Date of Notice	07/03/2023

Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1

03/14/2023

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

Tracey Cornelison, as duly authorized representative of Raymond James & Associates, Inc., as attorney-in-fact for Karen Seaberg

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)