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	0001817349	
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 KANSAS 66002	
Phone	9133671480	
Name of Person for Whose Account the Securities are To Be Sold	Mingus Lori L.S.	
See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.		
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 880 CARILLON PARKWAY ST. PETERSBURG FL 33716	
Number of Shares or Other Units To Be Sold	1300	
Aggregate Market Value	159900.00	
Number of Shares or Other Units Outstanding	21950862	
Approximate Date of Sale	08/08/2023	
Name the Securities Exchange	NASDAQ	

any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

COMMON	
03/02/2017	
GIFT	
LORI MINGUS	
✓ Date Donor Acquired	03/02/2017
59437	
03/02/2017	
N/A	
	03/02/2017 GIFT LORI MINGUS ✓ Date Donor Acquired 59437 03/02/2017

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

Title of the Class	COMMON	
Date you Acquired	12/28/2017	
Nature of Acquisition Transaction	GIFT	
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST	
Is this a Gift?	✓ Date Donor Acquired	12/28/2017
Amount of Securities Acquired	53	
Date of Payment	12/28/2017	
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 JR FAMILY TRUST	
Is this a Gift?	☑ Date Donor Acquired	12/18/2018
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 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 10 Be 5010	
Title of the Class	COMMON
Date you Acquired	02/27/2019
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST

Amount of Securities Acquired

Date of Payment

02/27/2019

Nature of Payment

N/A

02/27/2019

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

Is this a Gift?

Title of the Class	соммои	
Date you Acquired	12/14/2019	
Nature of Acquisition Transaction	GIFT	
Name of Person from Whom Acquired	LAIDACKER SEABERG REVOCABLE TRUST	
Is this a Gift?	✓ Date Donor Acquired	12/14/2019
Amount of Securities Acquired	316	
Date of Payment	12/14/2019	
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	12/10/2020		
Nature of Acquisition Transaction	GIFT		
Name of Person from Whom Acquired	LAIDACKER SEABERG REVOCABLE 1	RUST	
Is this a Gift?	✓ Date Donor Acquired	12/10/2020	
Amount of Securities Acquired	338		
Date of Payment	12/10/2020		

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 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	03/02/2023	
Nature of Acquisition Transaction	GIFT	
Name of Person from Whom Acquired	LORI MINGUS	
Is this a Gift?	✓ Date Donor Acquired	03/02/2023
Amount of Securities Acquired	3967	
Date of Payment	03/02/2023	
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.

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

Name and Address of Seller	LORI MINGUS TRUST NO 1 4123 HWY 59 PERRY KS 66073
Title of Securities Sold	MGP INGREDIENTS
Date of Sale	06/09/2023
Amount of Securities Sold	1069
Gross Proceeds	108034.73

144: Securities Sold During The Past 3 Months

Name and Address of Seller	LORI MINGUS TRUST NO 1 4123 HWY 59 PERRY KS 66073
Title of Securities Sold	MGP INGREDIENTS
Date of Sale	07/03/2023
Amount of Securities Sold	380
Gross Proceeds	40516.30

144: Securities Sold During The Past 3 Months

Name and Address of Seller	LORI MINGUS TRUST NO 1 4123 HWY 59 PERRY KS 66073
Title of Securities Sold	MGP INGREDIENTS
Date of Sale	08/01/2023
Amount of Securities Sold	320
Gross Proceeds	36039.26

144: Securities Sold During The Past 3 Months

Name and Address of Seller	LORI MINGUS TRUST NO 1 4123 HWY 59 PERRY KS 66073
Title of Securities Sold	MGP INGREDIENTS
Date of Sale	08/02/2023
Amount of Securities Sold	324
Gross Proceeds	36672.55

144: Remarks and Signature

Remarks	Raymond James was notified the day after the sale took place.
Date of Notice	08/08/2023

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 Melissa Fisher, as duly authorized representative of Raymond James & Associates, Inc., as attorney-in-fact for Lori Mingus

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