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 KANSAS 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	on
Title of the Class of Securities To Be Sold	COMMON
Name and Address of the Broker	RAYMOND JAMES & ASSOCIATES INC 880 CARILLON PKWY ST. PETERSBURG FL 33716
Number of Shares or Other Units To Be Sold	930
Aggregate Market Value	110056.20
Number of Shares or Other Units Outstanding	21950862
Approximate Date of Sale	09/01/2023
Name the Securities Exchange	NASDAQ

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 PKWY ST. PETERSBURG
	FL 33716
Number of Shares or Other Units To Be Sold	930
00.0	
Aggregate Market Value	110056.20
Number of Shares or Other Units Outstanding	21950862
Outstanding	
Approximate Date of Sale	09/01/2023
Approximate Date of Sale	03/01/2020
Name the Securities Exchange	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

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 JR FAMILY TRUST	
Is this a Gift?	✓ Date Donor Acquired	02/29/2012
Amount of Securities Acquired	335314	
Date of Payment		
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	12/01/2022	
Nature of Acquisition Transaction	GIFT	
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST	
Is this a Gift?	✓ Date Donor Acquired	12/01/2022
Amount of Securities Acquired	29594	
Date of Payment		
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 COMMON Title of the Class Date you Acquired 06/28/2016 Nature of Acquisition Transaction **GIFT** LAIDACKER SEABERG REV TRUST Name of Person from Whom Acquired 06/28/2016 Is this a Gift? Date Donor Acquired Amount of Securities Acquired 76435 Date of Payment 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 COMMON Title of the Class Date you Acquired 12/19/2016 Nature of Acquisition Transaction GIFT LAIDACKER SEABERG REV TRUST Name of Person from Whom Acquired 12/19/2016 Is this a Gift? Date Donor Acquired Amount of Securities Acquired 1030 Date of Payment N/A Nature of Payment 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 01/20/2009 **GIFT** Nature of Acquisition Transaction Name of Person from Whom Acquired CLOUD L CRAY FAMILY TRUST Is this a Gift? Date Donor Acquired 01/20/2009 Amount of Securities Acquired 117320 Date of Payment

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

N/A

Nature of Payment

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	01/23/2009
Amount of Securities Acquired	107420	
Date of Payment		
Nature of Payment	N/A	
note thereto the nature of the consideration	ment therefor was not made in cash at the time given. If the consideration consisted of any note nent and state when the note or other obliga	e or other obligation, or if payment was
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	12/29/2009
Amount of Securities Acquired	1200	
Date of Payment		
Nature of Payment	N/A	
note thereto the nature of the consideration	ment therefor was not made in cash at the time given. If the consideration consisted of any note nent and state when the note or other obliga	e or other obligation, or if payment was
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	01/10/2011
Amount of Securities Acquired	1200	
Date of Payment		

N/A

Nature of Payment

144: Securities To Be Sol	d	
Title of the Class	COMMON	
	02/29/2012	
Date you Acquired		
Nature of Acquisition Transaction	GIFT	
Name of Person from Whom Acquired	CLOUD L CRAY FAMILY TRUST	
Is this a Gift?	☑ Date Donor Acquired	02/29/2012
Amount of Securities Acquired	600	
Date of Payment		
Nature of Payment	N/A	
note thereto the nature of the consideration	ment therefor was not made in cash at the time given. If the consideration consisted of any not nent and state when the note or other obliga	e or other obligation, or if payment was
Title of the Class	COMMON	
Date you Acquired	12/24/2013	
Nature of Acquisition Transaction	GIFT	
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST	
Is this a Gift?	✓ Date Donor Acquired	12/24/2012
Amount of Securities Acquired	600	
Date of Payment		
Nature of Payment	N/A	
note thereto the nature of the consideration	ment therefor was not made in cash at the time given. If the consideration consisted of any not nent and state when the note or other obliga	e or other obligation, or if payment was
144: Securities To Be Sol	d	
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 JR FAMILY TRUST	
Is this a Gift?	✓ Date Donor Acquired	12/04/2013
Amount of Securities Acquired	600	

Date of Payment

Nature of Payment	N/A

144:	Securities	To	Be	Sol	d
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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 JR FAMILY TRUST	
Is this a Gift?	✓ Date Donor Acquired	12/16/2014
Amount of Securities Acquired	500	
Date of Payment		
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 JR FAMILY TRUST	
Is this a Gift?	☑ Date Donor Acquired	12/15/2015
Amount of Securities Acquired	272	
Amount of Securities Acquired Date of Payment	272	

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.

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 JR FAMILY TRUST	
Is this a Gift?	✓ Date Donor Acquired	12/17/2016
Amount of Securities Acquired	81	

Date of Payment	
Nature of Payment	N/A

144: Securities To Be Sold

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	
la thia a Citto	Poto Donor Assuired	00/05/0040
is this a Gitt?	Date Donor Acquired	08/25/2016
Amount of Securities Acquired	4694	
Date of Payment		
Nature of Payment	N/A	
Date of Payment Nature of Payment		08/25/2016

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.

144: Securities To Be Sold

Title of the Class	СОММОИ	
Date you Acquired	08/25/2016	
Nature of Acquisition Transaction	GIFT	
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST	
Is this a Gift?	✓ Date Donor Acquired	08/25/2016
Amount of Securities Acquired	44594	
Date of Payment		
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.

Title of the Class	COMMON
Date you Acquired	11/16/2017
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	KAREN SEABERG

Is this a Gift?	✓ Date Donor Acquired	11/16/2017
Amount of Securities Acquired	591	
Date of Payment		
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	12/28/2017	
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
is tills a Citt:	Date Donor Acquired	12/20/2011
Amount of Securities Acquired	53	
Date of Payment		
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	07/03/2018	
Nature of Acquisition Transaction	GIFT	
Name of Person from Whom Acquired	KAREN SEABERG	
Is this a Gift?	✓ Date Donor Acquired	07/03/2008
Amount of Securities Acquired	1273	
Date of Payment		
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.

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	09/18/2018
Amount of Securities Acquired	10000	
Date of Payment		
Nature of Payment	N/A	
If the securities were purchased and full pay note thereto the nature of the consideration made in installments describe the arranger installment paid.	given. If the consideration consisted of any	note or other obligation, or if payment was
note thereto the nature of the consideration made in installments describe the arranger	given. If the consideration consisted of any ment and state when the note or other ob	note or other obligation, or if payment was
note thereto the nature of the consideration made in installments describe the arranger installment paid.	given. If the consideration consisted of any ment and state when the note or other ob	note or other obligation, or if payment was
note thereto the nature of the consideration made in installments describe the arranger installment paid. 144: Securities To Be Sol	given. If the consideration consisted of any ment and state when the note or other ob	note or other obligation, or if payment was
note thereto the nature of the consideration made in installments describe the arranger installment paid. 144: Securities To Be Sol Title of the Class	given. If the consideration consisted of any ment and state when the note or other ob	note or other obligation, or if payment was

12/14/2018

Date Donor Acquired

363

N/A

144: Securities To Be Sold

Is this a Gift?

Date of Payment

Amount of Securities Acquired

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		
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.

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	
Is this a Gift?	✓ Date Donor Acquired	02/27/2019
Amount of Securities Acquired	192	
Date of Payment		
Nature of Payment	N/A	
note thereto the nature of the consideration	ment therefor was not made in cash at the time given. If the consideration consisted of any note nent and state when the note or other obliga	e or other obligation, or if payment was

installment paid.

144: Securities To Be Sold

Title of the Class	COMMON	
Date you Acquired	05/21/2019	
Nature of Acquisition Transaction	GIFT	
Name of Danier from Mileson Associated	WADEN CEADEDO	
Name of Person from Whom Acquired	KAREN SEABERG	
Is this a Gift?	✓ Date Donor Acquired	05/21/2019
Amount of Securities Acquired	823	
Date of Payment		
National of Decimannt	NI/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	07/30/2020	
Nature of Acquisition Transaction	GIFT	
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST	
Is this a Gift?	☑ Date Donor Acquired	07/30/2020
Amount of Securities Acquired	71	
Date of Payment		
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

COMMON Title of the Class

Date you Acquired	11/17/2020	
Nature of Acquisition Transaction	GIFT	
Name of Person from Whom Acquired	BOARD COMPENSATION	
Is this a Gift?	✓ Date Donor Acquired	11/17/2020
Amount of Securities Acquired	7625	
Date of Payment		
Nature of Payment	N/A	

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 REV TRUST	
Is this a Gift?	✓ Date Donor Acquired	02/18/2021
Amount of Securities Acquired	104993	
Date of Payment		
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	GIFT	
Name of Person from Whom Acquired	BOARD COMPENSATION	
Is this a Gift?	✓ Date Donor Acquired	08/19/2021
Amount of Securities Acquired	2687	
Date of Payment		
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.

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	03/06/2023
Amount of Securities Acquired	2905	
Date of Payment		
Nature of Payment	N/A	

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	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMONE
Date of Sale	06/20/2023
Amount of Securities Sold	985
Gross Proceeds	100172.41

144: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON
Date of Sale	07/23/2023
Amount of Securities Sold	938
Gross Proceeds	99982.97

144: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON
Date of Sale	08/02/2023
Amount of Securities Sold	880

99940.18

144: Securities Sold During The Past 3 Months

Name and Address of Seller KAREN SEABERG

20073 266TH RD ATCHISON KS 66002

Title of Securities Sold COMMON

Date of Sale 06/16/2023

Amount of Securities Sold 975

Gross Proceeds 99924.32

144: Securities Sold During The Past 3 Months

Name and Address of Seller

KAREN SEABERG
20073 266TH RD

ATCHISON KS 66002

Title of Securities Sold COMMON

Date of Sale 07/03/2023

Amount of Securities Sold 938

Gross Proceeds 99982.97

144: Securities Sold During The Past 3 Months

Name and Address of Seller

KAREN SEABERG
20073 266TH RD

ATCHISON KS 66002

Title of Securities Sold COMMON

Date of Sale 08/01/2023

Amount of Securities Sold 886

Gross Proceeds 99924.76

144: Securities Sold During The Past 3 Months

Name and Address of Seller KAREN SEABERG

20073 266TH RD ATCHISON KS 66002

Title of Securities Sold COMMON

Date of Sale 06/16/2023

24.0 0. 04.0

Amount of Securities Sold 125

Gross Proceeds 12810.80

144: Securities Sold During The Past 3 Months

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	120
Gross Proceeds	12203.74

144: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	COMMON
Date of Sale	07/03/2023
Amount of Securities Sold	235
Gross Proceeds	25049.03

144: Securities Sold During The Past 3 Months

Name and Address of Seller	KAREN SEABERG 20073 266TH RD ATCHISON KS 66002
Title of Securities Sold	соммон
Date of Sale	08/02/2023
Amount of Securities Sold	221
Gross Proceeds	27573.22

144: Remarks and Signature

Remarks	
Date of Notice	09/01/2023
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

MOHAMMED ALSHATRI, as duly authorized representative of Raymond James & Associates, Inc., as attorney-in-fact for KAREN SEABERG