

Form 144 Filer Information

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

FORM 144

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 392

Aggregate Market Value 38730.00

Number of Shares or Other Units Outstanding 21950862

Approximate Date of Sale 01/02/2024

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	03/02/2017
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	LORI MINGUS

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	03/02/2017
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Amount of Securities Acquired	59437
Date of Payment	03/02/2017
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	12/28/2017
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	CLOUD L CRAY JR FAMILY TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	12/28/2017
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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?	<input checked="" type="checkbox"/> Date Donor Acquired	12/18/2018
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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 To Be Sold

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?	<input checked="" type="checkbox"/> Date Donor Acquired	02/27/2019
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Amount of Securities Acquired	192
Date of Payment	02/27/2019
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	12/14/2019
Nature of Acquisition Transaction	GIFT
Name of Person from Whom Acquired	LADACKER SEABERG REVOCABLE TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	12/14/2019
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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	LADACKER SEABERG REVOCABLE TRUST

Is this a Gift?	<input checked="" type="checkbox"/> Date Donor Acquired	12/10/2020
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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 L MINGUS TRUST NO 1
4123 HWY 59
PERRY
KS
66073

Title of Securities Sold

COMMON

Date of Sale

10/02/2023

Amount of Securities Sold

383

Gross Proceeds

40095.83

144: Securities Sold During The Past 3 Months

Name and Address of Seller

LORI L MINGUS TRUST NO 1
4123 HWY 59
PERRY
KS
66073

Title of Securities Sold

COMMON

Date of Sale

11/01/2023

Amount of Securities Sold

108

Gross Proceeds

10143.49

144: Securities Sold During The Past 3 Months

Name and Address of Seller	LORI L MINGUS TRUST NO 1 4123 HWY 59 PERRY KS 66073
Title of Securities Sold	COMMON
Date of Sale	12/04/2023
Amount of Securities Sold	1061
Gross Proceeds	96154.48

144: Remarks and Signature

Remarks	
Date of Notice	01/02/2024
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1	03/09/2023

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