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		
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, Inc. 880 Carillon Parkway St. Petersburg FL 33716		
Number of Shares or Other Units To Be Sold	334		
Aggregate Market Value	30060.00		
Number of Shares or Other Units Outstanding	21950862		
Approximate Date of Sale	03/01/2024		
Name the Securities Exchange	Nasdaq		

any part of the purchase price or other consideration therefor:

### 144: Securities To Be Sold

Common	
06/28/2016	
Gift	
Laidacker Seaberg Revocable Trust	
☑Date Donor Acquired	06/28/2016
76435	
06/28/2016	
N/A	
	06/28/2016  Gift  Laidacker Seaberg Revocable Trust  ✓ Date Donor Acquired  76435  06/28/2016

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	Common	
Date you Acquired	12/19/2016	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Transfer from previous foundation	
Is this a Gift?	✓ Date Donor Acquired	12/19/2016
Amount of Securities Acquired	1030	
Date of Payment	12/19/2016	
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	Karen Seaberg 20073 266th Rd Atchison KS 66002
Title of Securities Sold	Common
Date of Sale	12/04/2023
Amount of Securities Sold	278
Gross Proceeds	25024.43

### 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

01/02/2024

Amount of Securities Sold

Gross Proceeds

97472.19

### 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

02/15/2024

Amount of Securities Sold

800

Gross Proceeds

71999.66

## 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

02/16/2024

Amount of Securities Sold

33

Gross Proceeds

2969.97

# 144: Remarks and Signature

Remarks

Date of Notice

02/28/2024

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

#### **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 Karen Seaberg