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	1334			
Aggregate Market Value	120060.00			
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

Title of the Class	Common	
Date you Acquired	02/29/2012	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Transfer from previous foundation	
Is this a Gift?	✓ Date Donor Acquired	02/29/2012
Amount of Securities Acquired	335314	
Date of Payment	02/29/2012	
N. C. C.	hua.	
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	12/01/2022	
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	12/01/2023
Amount of Securities Sold	4573
Gross Proceeds	399989.34

### 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

1102

Gross Proceeds

99971.32

## 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

01/02/2024

Amount of Securities Sold

[1972]

Gross Proceeds

[199933.56]

## 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

[1110]

Gross Proceeds

[99945.27]

# 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