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 all other persons included in that definition. In addition, information shall be given as to ired 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 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	07/02/2024
Name the Securities Exchange	NASDAQ

any part of the purchase price or other consideration therefor:				
144: Securities To Be Sol	d			
Title of the Class	Common			
Date you Acquired	01/20/2009			
Nature of Acquisition Transaction	Gift			
Name of Person from Whom Acquired	Cloud L Cray Family Trust			
Is this a Gift?	Date Donor Acquired			
Amount of Securities Acquired	117320			
Date of Payment	01/20/2009			
Nature of Payment	N/A			
note thereto the nature of the consideration	ment therefor was not made in cash at the time of purchase, explain in the table or in a given. If the consideration consisted of any note or other obligation, or if payment was ment and state when the note or other obligation was discharged in full or the last			
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			
Amount of Securities Acquired	107420			
Date of Payment	01/23/2009			
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 Sol	d			
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			
Amount of Securities Acquired	1200			

12/29/2009

N/A

Date of Payment

Nature of Payment

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	
Amount of Securities Acquired	1200	
Date of Payment	01/10/2011	
Nature of Payment	N/A	
note thereto the nature of the consideration of made in installments describe the arrangent installment paid.	ment therefor was not made in cash at the time of given. If the consideration consisted of any note nent and state when the note or other obligation.	or other obligation, or if payment was
144: Securities To Be Sol	d	
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 Family Trust	
Is this a Gift?	☐ Date Donor Acquired	
Amount of Securities Acquired	600	
Date of Payment	02/29/2012	
Nature of Payment	N/A	
note thereto the nature of the consideration	ment therefor was not made in cash at the time of given. If the consideration consisted of any note nent and state when the note or other obligati	or other obligation, or if payment was
144: Securities To Be Sol	d	
Title of the Class	Common	
Date you Acquired	12/24/2012	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Cloud L Cray Jr Family Trust	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	600	

12/24/2012

Date of Payment

Nature of Payment		N/A						

144: Securities 10 de 30ia			
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		

Amount of Securities Acquired 600

Date of Payment 12/04/2013

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

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Nature of Payment

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?	Poets Doner Asquired
is this a Git?	Date Donor Acquired
Amount of Securities Acquired	500
Date of Payment	12/16/2014
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	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
Amount of Securities Acquired	272

Date of Payment	12/15/2015
Nature of Payment	N/A

144: Securities To Be Sold				
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			
Amount of Securities Acquired	81			
Date of Payment	12/17/2016			

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.

N/A

144: Securities To Be Sold Title of the Class Common 08/25/2016 Date you Acquired Gift Nature of Acquisition Transaction Name of Person from Whom Acquired Cloud L Cray Family Trust Date Donor Acquired Is this a Gift? Amount of Securities Acquired 4694 Date of Payment 08/25/2016 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

Nature of Payment

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
Is this a Gift?	Date Donor Acquired

Amount of Securities Acquired	44594
Date of Payment	08/25/2016
Nature of Payment	N/A

144: Securities To Be Sold				
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			
Amount of Securities Acquired	591			
Date of Payment	11/16/2017			

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.

N/A

N/A

Title of the Class Date you Acquired Nature of Acquisition Transaction Name of Person from Whom Acquired Cloud L Cray Jr Family Trust Is this a Gift? Date Donor Acquired 53 Date of Payment 12/28/2017

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

144: Securities To Be Sold

Nature of Payment

Nature of Payment

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	
Amount of Securities Acquired	1273	
Date of Payment	07/03/2018	
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		

144: Securities To Be Sold

Title of the Class	Common
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
Amount of Securities Acquired	10000
Amount of Securities Acquired	10000
Date of Payment	09/18/2018
No.	N/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	12/14/2018
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	363
Date of Payment	12/14/2018
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.

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	
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		

Title of the Class Date you Acquired Nature of Acquisition Transaction Name of Person from Whom Acquired Is this a Gift? Date Donor Acquired Amount of Securities Acquired Common O2/27/2019 Cift Cloud L Cray Jr Family Trust 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.

02/27/2019

N/A

144: Securities To Be Sold

Date of Payment

Nature of Payment

Title of the Class	Common	
Date you Acquired	05/21/2019	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Karen Seaberg	
Is this a Gift?	Date Donor Acquired	
Amount of Securities Acquired	823	
Date of Payment	05/21/2019	
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.

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
Amount of Securities Acquired	71
Date of Payment	07/30/2020
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	

144: Securities To Be Sold

Title of the Class	Common
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
is this a Cht.	Bate Bollof Acquired
Amount of Securities Acquired	7625
Date of Payment	11/17/2020
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	02/18/2021
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Laidacker Seaberg Revocable Trust
Is this a Gift?	Date Donor Acquired
Amount of Securities Acquired	104993
Date of Payment	02/18/2021
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	08/19/2021		
Nature of Acquisition Transaction	Gift		
Name of Person from Whom Acquired	Board Compensation		
Is this a Gift?	Date Donor Acquired		
Amount of Securities Acquired	2687		
Date of Payment	08/19/2021		
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			
	03/06/2023		
Nature of Acquisition Transaction	Gift		
Name of Person from Whom Acquired	Karen Seaberg		
Is this a Gift?	Date Donor Acquired		
Amount of Securities Acquired	2905		
Date of Payment	03/06/2023		
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	Karen Seaberg 20073 266th Road Atchison KS 66002
Title of Securities Sold	Common
Date of Sale	07/02/2024
Amount of Securities Sold	1334
Gross Proceeds	120060.00

144: Remarks and Signature

Remarks	
Date of Notice	07/01/2024

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

03/12/2024

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

Maressia Rooks-Bailey, as duly authorized representative of Raymond James & Associates, Inc., as attorney-in-fact for Karen Seaberg

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