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	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	
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Director

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	1326
Aggregate Market Value	120003.00
Number of Shares or Other Units Outstanding	21950862
Approximate Date of Sale	11/01/2024
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

144: Securities To Be Sold		
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	

144: Securities To Be Sold

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

144: Securities To Be Sold		
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	
Date of Payment	12/29/2009	
Nature of Payment	N/A	

144: Securities To Be Sold

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	

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	02/29/2012
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

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	12/24/2012	
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	
Date of Payment	12/24/2012	

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	12/04/2013		
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		
Nature of Payment	Ν/Α		

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	12/16/2014	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Cloud L Cray Jr Family Trust	
Is this a Gift?	Date Donor Acquired	
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.

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
Amount of Securities Acquired	272

Date of Payment

12/15/2015

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.

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
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	08/25/2016	
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	4694	
Date of Payment	08/25/2016	
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	
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
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
Amount of Securities Acquired	53
Date of Payment	12/28/2017
Nature of Payment	N/A

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	
Amount of Securities Acquired	1273	
Date of Payment	07/03/2018	
Nature of Payment	N/A	

144: Securities To Be Sold

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
Date of Payment	09/18/2018
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	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

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?	Date Donor Acquired	
Amount of Securities Acquired	88	
Date of Payment	12/18/2018	
Nature of Payment	N/A	

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?	Date Donor Acquired
Amount of Securities Acquired	192
Date of Payment	02/27/2019
Nature of Payment	Ν/Α

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	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

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
Amount of Securities Acquired	71
Date of Payment	07/30/2020
Nature of Payment	N/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
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.

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
Amount of Securities Acquired	2687
Date of Payment	08/19/2021
Nature of Payment	N/A

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 Rd Atchison KS 66002
Title of Securities Sold	Common
Date of Sale	08/23/2024
Amount of Securities Sold	1110
Gross Proceeds	100054.61

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	08/23/2024
Amount of Securities Sold	2202
Gross Proceeds	199949.91

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	09/04/2024
Amount of Securities Sold	1109
Gross Proceeds	99956.60

144: Remarks and Signature

Remarks	
Date of Notice	11/01/2024
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)