

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 Director

Relationship to Issuer 10% Stockholder

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 46154

Aggregate Market Value 1200004.00

Number of Shares or Other Units Outstanding 21950862

Approximate Date of Sale 12/05/2025

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	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	37762
Date of Payment	01/20/2009
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 Sold

Title of the Class	Common
Date you Acquired	10/05/2023
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	350
Date of Payment	10/05/2023
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.

144: Securities To Be Sold

Title of the Class	Common
Date you Acquired	01/04/2024
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	383
Date of Payment	01/04/2024

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

04/08/2019

Nature of Acquisition Transaction

Gift

Name of Person from Whom Acquired

Karen Seaberg

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired

368

Date of Payment

04/08/2019

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

07/02/2020

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

1962

Date of Payment

07/02/2020

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

10/07/2021

Nature of Acquisition Transaction

Gift

Name of Person from Whom Acquired

Karen Seaberg

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired

440

Date of Payment	10/07/2021
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	10/10/2018
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
-----------------	--	--

Amount of Securities Acquired	363
Date of Payment	10/10/2018
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	07/01/2021
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
-----------------	--	--

Amount of Securities Acquired	443
Date of Payment	07/01/2021
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	03/20/2018
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
-----------------	--	--

Amount of Securities Acquired	307
Date of Payment	03/20/2018
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	04/01/2021
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	507
Date of Payment	04/01/2021
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	05/24/2018
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg

Is this a Gift?

☐ Date Donor Acquired

Amount of Securities Acquired	239
Date of Payment	05/24/2018
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	01/07/2019
Nature of Acquisition Transaction	Gift
Name of Person from Whom Acquired	Karen Seaberg

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
Amount of Securities Acquired	455	
Date of Payment	01/07/2019	
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	06/02/2017	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Karen Seaberg	

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
Amount of Securities Acquired	591	
Date of Payment	06/02/2017	
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	05/24/2019	
Nature of Acquisition Transaction	Gift	
Name of Person from Whom Acquired	Karen Seaberg	

Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
Amount of Securities Acquired	383	
Date of Payment	05/24/2019	
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	01/07/2021	
Nature of Acquisition Transaction	Gift	

Name of Person from Whom Acquired	Karen Seaberg	
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired	
Amount of Securities Acquired	607	
Date of Payment	01/07/2021	
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.

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

Nothing to Report ☒

144: Remarks and Signature

Remarks	
Date of Notice	12/05/2025

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 C Seaberg
-----------	---

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