## FORM 4

# UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden
hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

#### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

	Name and Address of Reporting Person *  2. Issuer Name and Ticker or INDOM DAVID E  MGP INGREDIENTS IN						5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Middle) OX 130	MGP INGREDIENTS INC [MGPI]  3. Date of Earliest Transaction (Month/Day/Year) 02/26/2010				Director 10% Owner  X Officer (give title below) Other (specify below)  Vice President						
	4. If Amendment, Date Original Fil						6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(Zip)	Та	ble I - Nor	-Deri	vative Se	ecurities	Acqui	ired, Dispo	sed of, or I	Beneficially (	Owned	
2. Transaction Date (Month/Day/Year)	any	Code (Instr. 8)				of (D)	D) Beneficially Owne Reported Transact		Following	Ownership Form:	Beneficial
	(Month/Day/Year)	Code	V	Amount	(A) or (D)	Price	(Instr. 3 a	or In		or Indirect (I)	Ownership (Instr. 4)
02/26/2010		S		1,561	D	(1)	50,831			I	By Trust
							ly Owned				
Title of erivative ecurity nstr. 3)  Title of Derivative Security  (e.g., puts, calls, ware sequences)  3. Transaction Date (Execution Date, if any (Month/Day/Year) (Month/Day/Year)  (Month/Day/Year)  (e.g., puts, calls, ware sequences)  4. Transaction Code (Instr. 8)		6. Date Exercisable and Expiration Date (Month/Day/Year)  Derivative Securities Acquired (A) or Disposed of (D)  6. Date Exercisable 7. T Am (Und Security Am (Instance) 4)		itle and ount of Derivative Security (Instr. 5)  8. Price of Derivative Securities Beneficia Owned Following Reported		Derivative Securities Beneficially Owned Following Reported Transaction	Owners Form of Derivati Security Direct (I or Indirects)	Owners! (Instr. 4)			
		4, and 5)	Date	Eisable D	Expiration	1 Title	Amount or Number				
•	2. Transaction Date (Month/Day/Year)  02/26/2010  reach class of secur  Table II - I ( n 3A. Deemed Execution Da any	2. Transaction Date (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  02/26/2010  Table II - Derivative Securiti (e.g., puts, calls, wann any (Month/Day/Year)  3. Deemed Execution Date, if any (Month/Day/Year)  1. Table II - Derivative Securiti (e.g., puts, calls, wann any (Month/Day/Year)  2. Transaction Date, if any (Month/Day/Year)	(Zip)  2. Transaction Date (Month/Day/Year)  Code (Month/Day/Year)  Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, op any any  Table III - Derivative Securities Number Code  Transaction  A. Deemed Execution Date, if any (Linstr. 8)  Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, op any any  Table II - Derivative Securities Acquire (e.g., puts, calls, warrants, op any any Code of	Cap   Cap	Code   V Amount	2. Transaction Date (Month/Day/Year)  2. Transaction Date (Execution Date, if any (Month/Day/Year)  2. Transaction Date (Month/Day/Year)  2. Transaction Execution Date, if any (Month/Day/Year)  2. Transaction Date, if any (Month/Day/Year)  3. Transaction Code (Instr. 8)  2. Transaction Date, if any (Month/Day/Year)  3. Transaction Code (Instr. 8)  3. Transaction (A) or Disposed of (Instr. 8)  2. Transaction Date, if any (Month/Day/Year)  3. Transaction Code (Instr. 8)  3. Transaction (A) or Disposed of (Instr. 8)  3. Transaction (Date, if any (Instr. 8)  4. Sourities Acquired (A) or Disposed of (D) (Instr. 8)  4. Sourities Acquired (A) or Disposed of (D) (Instr. 3)	Czip   Table I - Non-Derivative Securities Acquired   A. Securities A	Code   V   Amount   Code   Contained in this form are not requested for many (Month/Day/Year)   SA. Deemed   Sa. Transaction   A. Securities Acquired (A) or Disposed of (D) (Instr. 3)   Code   Code (Instr. 3)   Code (Instr. 3)	(Zip)  Table I - Non-Derivative Securities Acquired, Disposed of, or I  2. Transaction Date (Month/Day/Year)  2. Transaction Execution Date, if (Month/Day/Year)  (Month/Day/Year)  Date (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  Table II - Derivative Securities Acquired, Disposed of (D) (Instr. 8)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Ference (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired (Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired (Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired (Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired (Disposed of, or Beneficially Owned (E.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities Acquired (Disposed of, or Beneficially Owned (E.g., puts, calls, warrants, options, convertible securities)  Table II - Derivative Securities (Disposed of, or Beneficially Owned (Disposed of, or Bene	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Following (Month/Day/Year)  2. Transaction Date Execution Date, if (Month/Day/Year)  2. Transaction Date Date Execution Date, if (Month/Day/Year)  2. Transaction Date Date Execution Date, if (Month/Day/Year)  2. Transaction Date, if (Month/Day/Year)  2. Transaction Date, if (Month/Day/Year)  3. Transaction Date, if (Month/Day/Year)  3. Transaction Date, if (Month/Day/Year)  3. Transaction Date, if (Month/Day/Year)  4. Securities Acquired (A) or Disposed of (D) (Instr. 3)  4. Securities Acquired (A) or Disposed of (D) (Instr. 3)  4. Securities Acquired (A) or Disposed of (D) (Instr. 3)  4. Securities Acquired (A) or Disposed of (D) (Instr. 3)  4. Securities Acquired (A) or Disposed of (D) (Instr. 3)  5. Amount of Securities Beneficially Owned (Instr. 3 and 4)  6. Derivative Securities Acquired (A) or Disposed of, or Beneficially Owned (A) or Disposed of, or Beneficially Owned (Instr. 3)  7. Title and Amount of Derivative Securities (Instr. 3)  8. Price of 9. Number of Underlying Securities (Instr. 3)  8. Price of Underlying Securities (Instr. 3)  9. Number of Underlying Securities (Instr. 3)  1. Transaction (Instr. 4)  1. Transaction (Instr. 4)  1. Transaction (Instr. 4)	Czip   Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

P 4: 0 N /	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
RINDOM DAVID E 1300 MAIN STREET P.O. BOX 130 ATCHISON, KS 66002			Vice President				

## **Signatures**

David E. Rindom	03/02/2010
**Signature of Reporting Person	Date

## **Explanation of Responses:**

- \* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) 600 shares sold at \$7.16; 600 shares sold at \$7.17; 228 shares sold at \$7.20; and 133 shares sold at \$7.25

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.