FORM 4	4
--------	---

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

(Print or Type Responses)

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

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

#### 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

1. Name and Address of Reporting Person <sup>*</sup> Seaberg Karen			2. Issuer Name and Ticker or Trading Symbol MGP INGREDIENTS INC [MGPI]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner			
(Last) (First) (Middle) 20076 266TH ROAD			3. Date of Earliest Transaction (Month/Day/Year) 08/03/2020						Officer (give title below)	Other (specify	below)	
ATCHISON, KS	4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially O						Owned	Owned		
1.Title of Security (Instr. 3)			2A. Deemed Execution Date, if any			4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			Beneficially Owned Following Reported Transaction(s)	Ownership	Beneficial	
			(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)	× /	Ownership (Instr. 4)	
Common Stock		08/03/2020		S		10,000	D	\$ 35.4082	206,551	I	Cloud Cray Family Trust	
Common Stock		08/04/2020		S		10,000	D	\$ 36.1308	196,551	I	Cloud Cray Family Trust	
Common Stock									99,066	Ι	by IRA	
Common Stock									63,404	Ι	by trust for LM	
Common Stock									67,827	Ι	by trust for MH	
Common Stock									6,871	D		
Common Stock									284,284	I	by spouse's trust	
Common Stock									373,258	Ι	by trust	
Common Stock									2,370,038	Ι	by Cray MGP Holdings LP	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.
Persons who respond to the collection of information

SEC 1474 (9-02)

contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned       (e.g., puts, calls, warrants, options, convertible securities)											
Security (Instr. 3)	Conversion	Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	Number	• /	Amount of Underlying	Derivative Security	Securities Beneficially Owned Following	Ownership Form of Derivative Security: Direct (D) or Indirect	Beneficial

					Date Exercisable	Expiration Date	Title	Amount or Number of Shares		
	C	Code V	/ (A)	(D)				Shares		

## **Reporting Owners**

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Seaberg Karen 20076 266TH ROAD ATCHISON, KS 66002	Х						

## Signatures

/s/ Thomas Lynn, Attorney in Fact for Karen Seaberg	08/05/2020
**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).

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.

Know all by these presents, that the undersigned hereby constitutes and appoints each of Madeline Finney, Mark Davidson, Brandon Gall, Thomas Lynn, Allison Hardy, and Michele Cox, or any of them (1) prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the U.S. Securities and Exchange Commission (the "SEC") a Form ID, including amendments theret (2) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of MGP Ingredients, Inc. (the "Company"), Forms 3, 4, and 5 in accordance with (3) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Form 3, 4, or 5, complete and execute any amen (4) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally This undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exe This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respect to the undersigned's holdings of and transactions i IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 6 th day of July, 2020.

/s/ Karen Seaberg

Signature Karen Seaberg

Print Name