FORM	4
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UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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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

(Print or Type Respo 1. Name and Addre		Person [*]	2. Issuer Name a	nd Ticker	or Tra	ading Syn	ıbol		5. Relationship of Reporting Pers		er	
Seaberg Karen			MGP INGREE	DIENTS I	NC	[MGPI]		(Check all applicable) X Director X 10% Owner				
(Last) 20073 266TH R	3. Date of Earliest 07/01/2021	Transactio	n (M	onth/Day/	Year)	Officer (give title below)	Other (specify	below)				
(Street) ATCHISON, KS 66002			4. If Amendment,	Date Origin	nal Fi	iled(Month/	Day/Yea	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)	Ta	ble I - Nor	n-Der	ivative S	ecuriti	es Acqui	ired, Disposed of, or Beneficially Owned			
1.Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Yea)		Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form:	Beneficial	
			(Monul/Day/Tear)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
Common Stock		07/01/2021		А		443 <u>(1)</u>	А	\$ 67.64	2,687	D		
Common Stock									99,066	Ι	by IRA	
Common Stock									63,333	Ι	by GST trust for LM	
Common Stock									406,464	Ι	By Seaberg MGP Holdings	
Common Stock									66,743	I	by GST trust for MH	
Common Stock									192,749	Ι	by trust	
Common Stock									2,346,554	Ι	by Cray MGP Holdings LP	
Common Stock									59,188	Ι	Cloud Cray Family Trust	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

SEC 1474 (9-02)

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

	(e.g., puts, calls, warrants, options, convertible securities)												
1. Title of	2.	3. Transaction	3A. Deemed	4.	5.	6. Date Exercisable	7. Title and	8. Price of	9. Number of	10.	11. Nature		
Derivative	Conversion	Date	Execution Date, if	Transaction	Number	and Expiration Date	Amount of	Derivative	Derivative	Ownership	of Indirect		
Security	or Exercise	(Month/Day/Year)	any	Code	of	(Month/Day/Year)	Underlying	Security	Securities	Form of	Beneficial		
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative		Securities	(Instr. 5)	Beneficially	Derivative	Ownership		
	Derivative				Securities		(Instr. 3 and		Owned	Security:	(Instr. 4)		
	Security				Acquired		4)		Following	Direct (D)			
					(A) or				Reported	or Indirect			
					Disposed				Transaction(s)	(I)			
					of (D)				(Instr. 4)	(Instr. 4)			
					(Instr. 3,								
					4, and 5)								
						I <u></u>	I						
										1			

						Date Exercisable	Expiration Date	Title	Amount or Number of		
		Code	v	(A)	(D)				Shares		

Reporting Owners

	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
Seaberg Karen 20073 266TH ROAD ATCHISON, KS 66002	Х	Х						

Signatures

/s/ Allison Hardy, Attorney in Fact for Karen Seaberg	07/02/2021
**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) The transaction reported on this form reflects the award of shares in lieu of cash retainer.

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

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