PICKMAN STEVEN J

Form 5

August 11, 2010

FORM 5 UNITED STATES SECURITIES AND EVOLANCE COMMISSION OMB

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

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue.

ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires. 2005
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Number:

Expires:

3235-0362

January 31,

See Instruction
1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,
Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section
Reported
Form 4 30(h) of the Investment Company Act of 1940

Transactions Reported

Common

Stock

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 $2,045.268 \frac{(2)}{}$ I

PICKMAN (Last)		Symbol MGP II Middle) 3. Staten (Month/I 06/30/2	2. Issuer Name and Ticker or Trading Symbol MGP INGREDIENTS INC [MGPI] 3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year) 06/30/2010				5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title Other (specify below)			
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Reporting (check applicable line)			
ATCHISON, KS 66002 _X_ Form Filed by One Reporting Person Form Filed by More than One Reporting Person Person										
(City)	(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securi Acquired Disposed (Instr. 3,	l (A) c l of (D))	5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
Common Stock	Â	Â	Â	Â	Â	Â	28,036	D	Â	
Common Stock	Â	Â	Â	Â	Â	Â	4,735 <u>(1)</u>	I	By IRA	
Common Stock	Â	Â	Â	Â	Â	Â	120	I	By Son	

By ESPP

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

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SEC 2270 (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 Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
					(A) ((D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options	\$ 4.65	Â	Â	Â	Â.	Â	12/07/2004	12/07/2010	Common Stock	7,500
Stock Options	\$ 5.95	Â	Â	Â	Â	Â	12/06/2005	12/06/2011	Common Stock	10,000
Stock Options	\$ 3.62	Â	Â	Â	Â	Â	12/03/2006	12/03/2012	Common Stock	7,500

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Othor			

rector 10% Owner Officer

PICKMAN STEVEN J 1300 MAIN STREET P.O. BOX 130

Â Â Vice President Â

ATCHISON, KSÂ 66002

Signatures

Steven J. 08/11/2010 Pickman

**Signature of Date Reporting Person

Reporting Owners 2

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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) Includes a distribution of 534 shares made to the reporting person's IRA from the reporting person's ESOP.
- (2) Includes 139.3567 shares acquired between the period of 07/01/2009 and 06/30/2010 under ESPP in a transaction exempt under 16b-3(c).
- Includes a distribution of 534 shares made to the reporting person's IRA from the reporting person's ESOP; and includes 35.705 shares acquired betweenthe period of 07/01/2009 and 06/30/2010 under ESOP in a transaction exempt under 16b-3(c).

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.