FORM 4

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

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

OMB APPROVAL

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

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 Responses)

1. Name and Address of Reporting Person * SEABOARD FLOUR LLC		2. Issuer Nam SEABOARI				mbol		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner			
6 LIBERTY SQUARE, #354,	(Middle)	3. Date of Earl 10/09/2023	3. Date of Earliest Transaction (Month/Day/Year) 10/09/2023				•)	Officer (give title below)	Other (speci		
BOSTON, MA 02109	4. If Amendme	nt, Date Oi	rigina	al Filed(Mon	th/Day/Y	/ear)	6. Individual or Joint/Group Filing(Check Applicable Line) Form filed by One Reporting Person _X_ Form filed by More than One Reporting Person				
(City) (State)	(Zip)		Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
(Instr. 3)	Date (Month/Day/Year) I	2A. Deemed Execution Date, if any (Month/Day/Year)	Code (Instr. 8)	v	4. Securition Dispose (Instr. 3, 4) Amount	ed of (I	D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership	
Common Stock	10/09/2023		J <u>(1)</u>		100,856	D	(1)	364,969.69	I	By Seaboard Flour LLC	
Common Stock	10/09/2023		J <u>(1)</u>		75,296	D	(1)	352,826.55	I	By SFC Preferred,	

								LLC
Common Stock	10/09/2023	D	6,901	D	\$ 3,162.50	358,068.69	I	By Seaboard Flour LLC
Common Stock	10/09/2023	D	6,671	D	\$ 3,162.50	346,155.55	I	By SFC Preferred, LLC
Common Stock						1,775	Ι	By Trust (2)
Common Stock						4,661	I	By SJB SEB LLC
Common Stock						1,820	I	By The Wally Foundation, Inc.
Common Stock						1,560	I	By Trust (3)

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

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SEC 1474 (9-02)

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. Nu	mber	6. Date Exer	cisable	7. Tit	le and	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transacti	on	of		and Expirati	on Date	Amoi	unt of	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		Deriv	ative	(Month/Day	/Year)	Unde	rlying	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)		Secur	ities	es		Secur	rities	(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative					Acqui	red			(Instr	: 3 and 4)		Owned	Security:	(Instr. 4)
	Security					(A) or	•						Following	Direct (D)	
						Dispo	sed						Reported	or Indirect	
						of (D))						Transaction(s)	(I)	
						(Instr.	3, 4,						(Instr. 4)	(Instr. 4)	
						and 5))								
											Amount				
								Date	Expiration		or				
								Exercisable	-	Title	Number				
				Code	V	(A)	(D)				of Shares				

Reporting Owners

Reporting Owner Name / Address	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
SEABOARD FLOUR LLC 6 LIBERTY SQUARE, #354 BOSTON, MA 02109	X	X						
SFC PREFERRED, LLC C/O SEABOARD FLOUR LLC 6 LIBERTY SQUARE, #354 SHAWNEE MISSION, KS 66202	X	X						
HAB GRANDCHILDREN'S TRUST A 9000 W 67TH STREET SHAWNEE MISSION, KS 66202	X	X						
SJB SEB LLC C/O SEABOARD FLOUR LLC 6 LIBERTY SQUARE, #354 BOSTON, MA 02109	X	X						
WALLY FOUNDATION, INC. 9000 W 67TH STREET SHAWNEE MISSION, KS 66202	X	X						
SJB RESIDUARY HAB 2011 TRUST 9000 W 67TH STREET SHAWNEE MISSION, KS 66202	X	X						
Bresky Ellen S. 9000 WEST 67TH STREET 3RD FLOOR SHAWNEE MISSION, KS 66202	X	X						

Signatures

Seaboard Flour LLC, By: /s/ Ellen S. Bresky, Manager					
**Signature of Reporting Person					
SFC Preferred, LLC, By: /s/ Ellen S. Bresky, Manager					
**Signature of Reporting Person	Date				

HAB Grandchildren's Trust A, By: /s/ Stephen M. Berman, not individually, but solely as Trustee					
**Signature of Reporting Person					
SJB SEB LLC, By: /s/ Paul M. Squires, Manager	08/22/2024				
**Signature of Reporting Person	Date				
The Wally Foundation, Inc., By: /s/ Ellen S. Bresky, President					
**Signature of Reporting Person	Date				
SJB Residuary HAB 2011 Trust, By: /s/ Ellen S. Bresky, not individually, but solely as Co-Trustee	08/22/2024				
**Signature of Reporting Person					
By: /s/ Stephen M. Berman, not individually, but solely as Co-Trustee					
***Signature of Reporting Person					
By: /s/ Ellen S. Bresky	08/22/2024				
**Signature of Reporting Person					

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) Represents a distribution to equity holders in exchange for equity in the distributing entity.
- (2) Held by the HAB Grandchildren's Trust A, which is for the benefit of members of the Bresky family, and as to which Ellen S. Bresky is the business advisor with the power to vote and dispose of the securities held by such trust. Ellen S. Bresky disclaims beneficial ownership of the reported securities except to the extent of her pecuniary interest therein.

 Held by the SJB Residuary HAB 2011 Trust, which is for the benefit of members of the Bresky family, and as to which Ellen S. Bresky serves as business advisor and co-trustee
- (3) with the power to vote and dispose of the securities held by such trust. Ellen S. Bresky disclaims beneficial ownership of the reported securities except to the extent of her pecuniary interest therein.

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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