

SIMPLY GOOD FOODS CO

Reported by
SCALZO JOSEPH

FORM 144 (Report of proposed sale of securities)

Filed 11/06/24

Address 1225 17TH STREET
 SUITE 1000
 DENVER, CO, 80202
Telephone 303-633-2840
CIK 0001702744
Symbol SMPL
Fiscal Year 08/26

144: Issuer Information

Name of Issuer	Simply Good Foods Co
SEC File Number	001-38115
Address of Issuer	1225 17TH STREET SUITE 1000 DENVER COLORADO 80202
Phone	303-633-2840
Name of Person for Whose Account the Securities are To Be Sold	SCALZO JOSEPH

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	1. Officer
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144: Securities Information

Record	Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
#1	COMMON	MORGAN STANLEY SMITH BARNEY LLC EXECUTIVE SERVICES 200 W CIVIC DR. - 4TH FLOOR SANDY UTAH 84070	25,000	\$899,842.05	100,200,000	11/06/2024	NASDAQ

144: Securities To Be Sold

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Record	Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this a Gift ?	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
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#1 COMMON

11/06/2024

STOCK OPTION
EXERCISE

ISSUER

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25,000

11/06/2024

COMPENSATI
ON

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities Sold During The Past 3 Months

Nothing to Report



144: Remarks and Signature

Remarks

Date of Notice

11/06/2024

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

/s/ Joseph E. Scalzo

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)