UNITED STATES SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT PURSUANT TO SECTION 13 OR 15(D) OF THE SECURITIES EXCHANGE ACT OF 1934

Date of Report (Date of earliest event reported): December 19, 2022

MamaMancini's Holdings, Inc. (Exact Name of Registrant as Specified in its Charter)

Nevada	001-40597	27-0607116
(State or Other Jurisdiction of Incorporation)	(Commission File No.)	(I.R.S. Employer Identification No.)
of incorporation)	riie no.)	identification (No.)
25 Branca Road, East Rutherford, I	NJ	07073
(Address of Principal Executive Office	ces)	(Zip Code)
Registrant's tele	phone number, including area co	de: (201) 532-1212
Check the appropriate box below if the Form 8- under any of the following provisions (see General		neously satisfy the filing obligation of the registrant
☐ Written communications pursuant to Rule 42:	5 under the Securities Act (17 CF	R 230.425)
☐ Soliciting material pursuant to Rule 14a-12 u	nder the Exchange Act (17 CFR 2	240.14a-12)
☐ Pre-commencement communications pursuar	at to Rule 14d-2(b) under the Exc	hange Act (17 CFR 240.14d-2(b))
☐ Pre-commencement communications pursuar	nt to Rule 13e-4(c) under the Excl	nange Act (17 CFR 240.13e-4(c))
Securities registered pursuant to Section 12(b) of	the Act:	
Title of each class	Trading Symbol(s)	Name of each exchange on which registered
Common stock, \$0.00001 par value per shar	e MMMB	NASDAQ
Indicate by check mark whether the registrant is (§230.405 of this chapter) or Rule 12b-2 of the Se		as defined in Rule 405 of the Securities Act of 1933 (240.12b-2 of this chapter).
Emerging growth company □		
If an emerging growth company, indicate by ch complying with any new or revised financial acco	_	lected not to use the extended transition period for ant to Section 13(a) of the Exchange Act. \Box

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Item 5.02 Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements with Certain Officers

On November 21, 2022, the Board of Directors of the Company appointed Meghan Henson to the Company's Board of Directors, effective December 19, 2022. Ms. Henson's biography is detailed below:

Meghan Henson (53)

Ms. Henson is an experienced senior human resources executive with experience across several industries. She has served since 2020 as Executive Vice President, Chief Human Resources Officer of Avantor, Radnor, PA. Previously, she served as Chief Human Resources Officer of XPO Logistics, Greenwich, CT from 2016-2020. She served as Executive Vice President, Chief Human Resources Officer, Chubb Insurance, Warren, NJ from 2013-2016 after serving in various Human Resources leadership roles with PepsiCo from 2004-2013. Prior to PepsiCo, she served as Senior Manager, Human Capital for Deloitte Consulting from 2001-2004 and Manager, HR and Change Management for Towers Perrin (now Willis Towers Watson) from 1997-2001. She holds an MBA with emphasis in Organizational Behavior from the University of Michigan and a Bachelor of Arts, Political Science and East Asian Studies at the University of Wisconsin. During her tenure at the University of Wisconsin, she was elected Student Body President

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits

None.

SIGNATURES

Pursuant to the requirements of the Securities and Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

MamaMancini's Holdings, Inc.

By: /s/ Adam L. Michaels

Name: Adam L. Michaels Title: Chief Executive Officer

Dated: December 19, 2022