## **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): February 1, 2023

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

Nevada	001-40597	27-0607116		
(State or Other Jurisdiction	(Commission	(I.R.S. Employer		
of Incorporation)	File No.)	` 1 ,		
25 Branca Road, East Rutherford, N	IJ	07073		
(Address of Principal Executive Offic		(Zip Code)		
Registrant's telep	phone number, including area co	rde: (201) 532-1212		
Check the appropriate box below if the Form 8-1 under any of the following provisions (see General	C	neously satisfy the filing obligation of the registrant		
☐ Written communications pursuant to Rule 425	under the Securities Act (17 CF	FR 230.425)		
□ Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)				
☐ Pre-commencement communications pursuant	t to Rule 14d-2(b) under the Exc	change Act (17 CFR 240.14d-2(b))		
☐ Pre-commencement communications pursuant	t to Rule 13e-4(c) under the Exc	hange Act (17 CFR 240.13e-4(c))		
Securities registered pursuant to Section 12(b) of the	he Act:			
Title of each class	Trading Symbol(s)	Name of each exchange on which registered		
Common stock, \$0.00001 par value per share	e MMMB	NASDAQ		
Indicate by check mark whether the registrant is (§230.405 of this chapter) or Rule 12b-2 of the Sec		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 che complying with any new or revised financial account	_	elected 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 February 1, 2023, the Company announced the appointment of the Company's Chief Executive Officer, Adam L. Michaels, as Chairman of the Board of Directors. Such appointment is effective February 1, 2023, concurrent with the retirement of Carl Wolf, which was effective as of the close of business on January 31, 2023.

Item 9.01 Financial Statements and Exhibit	Item	9.01	Financia	Statements	and Exhibits
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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 Michaels

Name: Adam Michaels Title: Chief Executive Officer

Dated: February 1, 2023