

Form 144 Filer  
Information

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

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES  
ACT OF 1933

## 144: Filer Information

Filer CIK

0001950993

Filer CCC

XXXXXXXX

Is this a LIVE or TEST Filing?

LIVE  TEST

### Submission Contact Information

Name

Phone

E-Mail Address

## 144: Issuer Information

Name of Issuer

Mama's Creations, Inc.

SEC File Number

001-40597

Address of Issuer

25 BRANCA ROAD  
EAST RUTHERFORD  
NEW JERSEY  
07073

Phone

201-531-1212

Name of Person for Whose Account the  
Securities are To Be Sold

Michaels Adam Laurance

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

Officer

## 144: Securities Information

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 of the Securities Exchange
Common Stock	Merrill Lynch 225 Liberty Street Floor 37 New York NY 10281	16223	248220.84	4065700 0	04/16/ 2026	NASDAQ

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:

## 144: Securities To Be Sold

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 *
Common Stock	04/15/ 2026	Vesting of restricted stock unit awards	Mama's Creations, Inc.	<input type="checkbox"/>		16223	04/15/ 2026	Granted as part of issuer equity compensation plan

\* 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.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

## 144: Securities Sold During The Past 3 Months

Nothing to Report



## 144: Remarks and Signature

Remarks

Date of Notice

04/16/2026

Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1

07/13/2025

**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

Adam Michaels

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