

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

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 for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

1. Name and Address of Reporting Person* Michaels Adam Laurance _____ (Last) (First) (Middle) C/O MAMA'S CREATIONS, INC. 25 BRANCA ROAD _____ (Street) EAST RUTHERFORD NEW JERSEY 07073 _____ (City) (State) (Zip) UNITED STATES _____ (Country)		2. Issuer Name and Ticker or Trading Symbol Mama's Creations, Inc. [MAMA] _____ 2a. Foreign Trading Symbol		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) Chief Executive Officer	
3. Date of Earliest Transaction (Month/Day/Year) 04/16/2026		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		4. If Amendment, Date of Original Filed (Month/Day/Year)	

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	04/16/2026		S ⁽¹⁾		15,379	D	\$15.271 ⁽²⁾	696,132	D	
Common Stock	04/16/2026		S ⁽¹⁾		844	D	\$15.841 ⁽³⁾	695,288	D	
Common Stock	04/17/2026		A		82,300 ⁽⁴⁾	A	\$0 ⁽⁵⁾	777,588	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V		Date Exercisable	Expiration Date					

Explanation of Responses:

- Sales effected pursuant to a Rule 10b5-1 "sell to cover" trading plan adopted by the reporting person on July 13, 2025 for the purpose of satisfying the Reporting Person's tax withholding obligations upon the settlement of previously granted stock awards.
- Reflects the weighted average price of 15,148 shares of common stock of Mama's Creations, Inc. sold by the reporting person in multiple transactions on April 16, 2026, with sale prices ranging from \$14.78 to \$15.77 per share. The reporting person undertakes to provide upon request by the U.S. Securities and Exchange Commission staff, the issuer, or a security holder of the issuer, full information regarding the number of shares sold at each separate price.
- Reflects the weighted average price of 844 shares of common stock of Mama's Creations, Inc. sold by the reporting person in multiple transactions on April 16, 2026, with sale prices ranging from \$15.78 to \$15.93 per share. The reporting person undertakes to provide upon request by the U.S. Securities and Exchange Commission staff, the issuer, or a security holder of the issuer, full information regarding the number of shares sold at each separate price.
- Restricted stock units ("RSUs") scheduled to vest in three substantially equal annual installments on each of April 15, 2027, April 15, 2028 and April 15, 2029.
- Each RSU represents a contingent right to receive one share of MAMA common stock.

/s/ Christina Lidondici,
attorney in fact for Adam
Michaels

04/20/2026

** Signature of Reporting Person Date

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

* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

* Form 4: SEC 1474 (03-26)