SEC	Form	4
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Nur	OMB Number: 3235-0287					
Estimated	Estimated average burden					
hours per	hours per response:					

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).		oursuant	to Sectior	n 16(a	a) of the Sec	ENEFIC	nge Act of 1	_	HIP	Estim	Numbe ated av	erage burden	0.5
1. Name and Address of Reporting Person* Seip David Eric (Last) (First) 5 WESTBROOK CORPORATE CENTER)))	Ingred	tion Ind	<u>c</u> [I	ker or Tradin NGR] saction (Mon				ck all applic Director Officer below)	able) r (give title	0	on(s) to Issu 10% Ow Other (s below) nd CSCO	ner
(Street) WESTCHESTER IL 60154 (City) (State) (Zip)		4. If Ame	endment, E	Date o	of Original Fi	ed (Month/Da	ay/Year)	6. In Line) 2	Form fil	led by One led by Mo	e Repo	(Check App orting Persor One Report	1
Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned													
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) 2A. Deeme Execution if any (Month/Day/Year)		Date	Code (In:	ion Dispose str.		str. 3, 4 and 5	nd 5) Securities Beneficially Owned Following Reported		Form	Direct I Indirect I str. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)													
Derivative Security (Instr. 3) Price of Derivative Security	tion Date, Trans Code	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 Amo of Securities Underlying Derivative Secur (Instr. 3 and 4)		ies g Security	8. Price of Derivative Security (Instr. 5)	9. Number derivativ Securitie Beneficia Owned Following Reported Transact	e es ally g d	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
	Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)			
Phantom (1) 07/15/2022	Α		53.2498		(1)	(1)	Common Stock	53.2498	\$85.86	2,756.6	6166	D	

Explanation of Responses:

1. Represents the aggregate number of shares of phantom stock allocated to the reporting person under the SERP as of the date hereof based on the closing price of a share of the issuer's Common Stock on July 15, 2022. Each phantom stock unit represents the right to receive one share of common stock

Michael N. Levy, attorney-in-07/18/2022 fact

** 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.