

144: Filer Information

Filer CIK

Filer CCC

Is this a LIVE or TEST Filing? LIVE TEST

Submission Contact Information

Name

Phone

E-Mail Address

144: Issuer Information

Name of Issuer

SEC File Number

Address of Issuer

Phone

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

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

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 the Securities Exchange

any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Class A
Date you Acquired	03/23/2017
Nature of Acquisition Transaction	Stock options acquired through equity incentive plan
Name of Person from Whom Acquired	Hostess Brands, Inc
Is this a Gift?	<input type="checkbox"/> Date Donor Acquired
Amount of Securities Acquired	88100
Date of Payment	03/23/2021
Nature of Payment	Options vested over period of time pursuant to terms of the company equity incentive 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	The options i am exercising and selling are part of the Company's equity incentive plan begun in 2017. I also have and will retain various grants of RSU's and PSU's. These grants of RSU's and PSU's have all been reported on Form 4's filed with the SEC. The last Form 4 was filed in January of 2023. I resigned as an officer of the company on February 1, 2023 and have 90 days to exercise the options being exercised and sold here or i lose those options and underlying shares.All of the options being exercised and sold here are described in the company's annual SEC filings.
Date of Notice	02/23/2023

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