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SCHALLE Form 5	ER DARYL										
February 1	5, 2012										
FOR	M 5								O	/IB APPROVAI	-
_	-	STATES S		RITIES Al ashington,			NGE	COMMISSI	ON OMB Numb	-	
no long	er subject		•••	asinington,	D.C. 20.	ν τ <i>ν</i>			Expire	s: January	/ 31, 2005
to Section Form 4 5 obligation may con		ATEMENT OF CHANGES IN BENEFICI OWNERSHIP OF SECURITIES							ated average n hours per nse	1.0	
See Inst 1(b). Form 3 Reporte Form 4 Transac Reporte	Filed pu Holdings Section 17 d	(a) of the Pu	ıblic U		ing Com	pany	Act c				
	Address of Reporting	S	ymbol	r Name and T INGREDIE				5. Relationshij Issuer		-	
(Last)	(First)		3. Statement for Issuer's Fiscal Year Ended					(Check all applicable)			
	1	(Month/Day/Year) 12/31/2011				X_ Director 10% Owner Officer (give title Other (specify					
1300 MAI 130	IN STREET, P.O	D. BOX						below)	belo	w)	
(Street)			4. If Amendment, Date Original				6. Individual or Joint/Group Reporting				
		F	illed(M	onth/Day/Year)				(0	heck applicab	le line)	
ATCHISC	DN, KS 66002							_X_ Form Filed Form Filed Person		ting Person One Reporting	
(City)	(State)	(Zip)	Ta	ble I - Non-Do	erivative S	ecuri	ties Ac	quired, Dispose	l of, or Ben	eficially Owned	
1.Title of Security (Instr. 3)	Security (Month/Day/Year) Execution Date, if Transaction		Transaction Code	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A)		5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Benef Ownership (Instr. 4)	ïcial		
					Amount	or (D)	Price	(Instr. 3 and 4)	(Instr. 4)		
Common Stock	Â	Â		Â	Â	Â	Â	13,510	D	Â	
Common Stock	01/31/2012	Â		G	1,000	D	\$0	36,321	Ι	By Trust	
Common Stock	01/31/2012	Â		G	250	А	\$ 0	500	I	By Cust. Granddaugl A	nter

Â

Common 01/31/2012

G

250

A \$0 1,150

1

А

Ι

By Cust.

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Stock									Granddaughter B
Common Stock	01/31/2012	Â	G	500	А	\$ 0	500	I	By Cust. Granddaughter C
Common Stock	Â	Â	Â	Â	Â	Â	42,024.114 (1)	Ι	By ESPP
Common Stock	Â	Â	Â	Â	Â	Â	5,000	Ι	By IRA

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

Persons who respond to the collection of informationSEC 2270contained in this form are not required to respond unless(9-02)the form displays a currently valid OMB control number.(9-02)

 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 Exercia Expiration Dat (Month/Day/Y	e	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
					(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option	\$ 9.09	Â	Â	Â	Â	04/16/2005	10/15/2014	Common Stock	2,000
Stock Option	\$ 10.45	Â	Â	Â	Â	04/17/2006	10/14/2015	Common Stock	2,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
1	Director	10% Owner	Officer	Other			
SCHALLER DARYL 1300 MAIN STREET P.O. BOX 130 ATCHISON, KS 66002	ÂX	Â	Â	Â			

Signatures

Daryl R. Schaller

02/15/2012

Signature of
Reporting Person

Date

Explanation of Responses:

* 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).

(1) Includes 2,779.85 shares acquired between the period of 07/01/2011 and 12/31/2011 under ESPP in a transaction exempt under 16b-3(c).

Note: File three copies of this Form, one of which must be manually signed. If space provided is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.