FORM 3

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

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

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

1. Name and Addr	ress of Reporting Perso athaniel	'n	2. Date of Event Requir Statement (Month/Day/ 01/09/2023	ing Year)	3. Issuer Name and Ticker or Trading Symbol <u>LIFECORE BIOMEDICAL, INC. \DE</u> \ [ LFCR ]				
(Last) (First) (Middle) C/O LIFECORE BIOMEDICAL, INC. 3515 LYMAN BLVD		_		4. Relationship of Reporting Person(s) to Is (Check all applicable) X Director Officer (give title below)	suer 10% Owner Other (specify below)		5. If Amendment, Date of Original Filed (Month/Day/Year)     6. Individual or Joint/Group Filing (Check Applicable Line)     X Form filed by One Reporting Person		
(Street) CHASKA	MN	55318	_						Nore than One Reporting Person
(City)	(State)	(Zip)							
Table I - Non-Derivative Securities Beneficially Owned									
1. Title of Security (Instr. 4)					2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)		4. Nature of Indirect Beneficial Ownership (Instr. 5)	
No Security beneficially owned					0	D			
Table II - Derivative Securities Beneficially Owned           (e.g., puts, calls, warrants, options, convertible securities)									
1. Title of Derivative Security (Instr. 4)			2. Date Exerce Expiration D (Month/Day/)	ate	3. Title and Amount of Securities Under Security (Instr. 4)	lying Derivative	4. Convers or Exerc Price of	ise or Indirect (I)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
			Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Derivati Security	ve	
Explanation of Re	esponses:								

Remarks:

/s/ Rebecca Hilt \*\* Signature of Reporting Person 01/11/2023 Date

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

If the form is field by more than one reporting person, see Instruction 5 (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.

#### POWER OF ATTORNEY

With respect to holdings of and transactions in securities issued by Lifecore Biomedical, Inc. (the "Company"), the undersigned hereby constitu

1. prepare, execute in the undersigned's name and on the undersigned's behalf, and submit to the United States Securities and Exchange Comm.

- 2. execute for and on behalf of the undersigned, Forms 3, 4, and 5 in accordance with Section 16 of the Securities Exchange Act of 1934, as
- 3. do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such

4. take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of I The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever : The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assure This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respect IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 9th day of January, 2023.

# /s/ Nathaniel Calloway

### Schedule A

Individuals Appointed as Attorney-in-Fact with Full Power of Substitution and Resubstitution:

- 1. Aaron Perlitsh
- 2. Rebecca Hilt