

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

## 144: Filer Information

Filer CIK 0001186284  
Filer CCC XXXXXXXXX  
Is this a LIVE or TEST Filing? ☒ LIVE ☐ TEST

### Submission Contact Information

Name  
Phone  
E-Mail Address

## 144: Issuer Information

Name of Issuer UFP INDUSTRIES INC  
SEC File Number 000-22684  
2801 EAST BELTLINE NE  
GRAND RAPIDS  
MICHIGAN  
49525  
Phone 6163646161  
Name of Person for Whose Account the Securities are To Be Sold MISSAD MATTHEW J

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 Officer

## 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
common	Fidelity Brokerage Services 245 Summer Street Boston MA 02110	16490	1352180.00	61637514	05/16/2023	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

## 144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from	Is this	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
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		Whom Acquired	a Gift?		
Common	02/23/2022 stock award	UFPI	<input type="checkbox"/>	1458	02/23/2022 N/A
common	02/22/2023 stock award	UFPI	<input type="checkbox"/>	15032	02/22/2023 N/A

\* 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

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Matthew J Missad Trust 2801 East Beltline Ave NE Grand Rapids MI 49525	UFP industries INC	03/08/2023	10000	838957.29
Matthew J Missad Trust 2801 East Beltline Ave NE Grand rapids MI 49525	UFP industries Inc	03/09/2023	300	25204.79
Matthew J Missad Trust 2801 East Beltline Ave NE Grand Rapids MI 49525	UFP industries Inc	03/16/2023	10000	790265.91

## 144: Remarks and Signature

Remarks  
Date of Notice      05/16/2023  
**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            /s/ Audrey Skillern as a duly authorized representative of Fidelity Brokerage Services LLC, as attorney-in-fact for Matthew Missad  
**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**