SEC Foi	rm 4 FORM	4 U	NITE		TES :	SEC	URITIE	S AN	ID E	EXCHAN	IGE C	омі	MISS	ION	I			
						Washington, D.C. 20549										OMB APPROVAL		
to Section 16. Form 4 or Form 5 obligations may continue. See					A pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940											OMB Number: 3235-028 Estimated average burden hours per response: 0.		
1. Name and Address of Reporting Person <sup>*</sup> Plunk Ken Allen					2. Issuer Name and Ticker or Trading Symbol J&J SNACK FOODS CORP [ JJSF ]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Cofficer (give title Other (specify				Wner (specify	
(Last)(First)(Middle)C/O J&J SNACK FOODS CORP.350 FELLOWSHIP ROAD					3. Date of Earliest Transaction (Month/Day/Year) 10/20/2022								- A below) below) CFO					
(Street) MOUNT NJ 08054 LAUREL				4. 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 Form filed by More than One Reporting Person						
(City) (State) (Zip)					tive Securities Acquired, Disposed of, or Benef													
			I - NC						, Dis				<u> </u>					
1. Title of Security (Instr. 3) 2. Transact Date (Month/Day				Execution Date,		3. Transaction Code (Instr. 8)					4 and Securities Beneficial Owned Fo		es ally Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership			
								Code	v	Amount	(A) or (D)	Price	<u>п</u>	Reported Transaction(s) (Instr. 3 and 4)			(Instr. 4)	
Common Stock 10/20/20					022			F		129(1)	D	\$135	.98	2,6	611	D		
		Ta	ble II ·							osed of, o convertib				ned				
1. Title of Derivative (Instr. 3)         2.         3. Transaction Date         3A. Deem Execution           0. rexercise (Instr. 3)         or Exercise Price of Derivative Security         (Month/Day/Year)         4A. Deem Execution				4. Transaction Code (Instr. 8)		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 Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Pric Deriva Securi (Instr.	tive ( ty ( 5) I I I	9. Number of derivative Securities Beneficially Owned Following Reported Transactior (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4	Beneficial Ownershi (Instr. 4)		

Explanation of Responses:

1. 1,579 restricted shares were issued to Mr. Plunk pursuant to an October 20, 2020 Inducement Restricted Stock Award Agreement with such shares vesting over three (3) years in equal installments on October 20, 2021, October 20, 2022 and October 20, 2023. These shares were withheld to cover taxes associated with the second vesting on October 20, 2022.

(A) (D) Date Exercisable

Expiration Date

## **Remarks:**

Exhibit - Power of Attorney.

/s/ Michael A. Pollner,	
Attorney in Fact	
** Signature of Reporting Persor	n

Amount or Number

of Shares

Title

10/24/2022

Date

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

 $^{\ast}$  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).

Code v

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

Know all persons by these presents, that the undersigned hereby constitutes and appoints each of Michael A. Pollner and Christine L. Vigliotti of J & J Snack Foods Corp. (the "Company"), with full power of substitution, as the undersigned's true and lawful attorney-in-fact to:

(1) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of the Company, Forms 3, 4, and 5 in accordance with Section 16(a) of the Securities Exchange Act of 1934 and the rules thereunder;

(2) 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 Form 3, 4, or 5, complete and execute any amendment or amendments thereto, and timely file such form with the U.S. Securities and Exchange Commission (the "SEC") and any stock exchange or similar authority; and

(3) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of any such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by any such attorney-in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in any such attorney-in-fact's discretion.

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 requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that each such attorney-in-fact, or each such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Securities Exchange Act of 1934.

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 to the undersigned's holdings of and transactions in securities issued by the Company, unless earlier revoked by the undersigned in a signed writing delivered to each of the foregoing attorneys-in-fact.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 10th day of August 2022.

/s/ Ken Plunk Name: Ken Plunk