

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

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

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.

OMB APPROVAL
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SEC USE ONLY
DOCUMENT SEQUENCE NO:

CL SIP NUMBER

WORK LOCATION

1 (a) NAME OF ISSUER (Please type or print)			1 (b) IRS IDENT. NO.		1 (c) S.E.C. FILE NO.		WORK LOCATION	
TREEHOUSE FOODS INC			20-2311383		001-32504			
1 (d) ADDRESS OF ISSUER		STREET		CITY		STATE		ZIP CODE
2021 SPRING ROAD		OAK BROOK		IL		60522		1 (e) TELEPHONE NO.
								AREA CODE
								NUMBER
								7 0 8 4 8 3 1 3 0 0
2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD			2 (b) RELATIONSHIP TO ISSUER		2 (c) ADDRESS STREET		CITY STATE ZIP CODE	
THOMAS O'NEILL					2021 SPRING ROAD		OAK BROOK IL 60522	

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

3 (a) Title of the Class of Securities To Be Sold	3 (b) Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY		3 (c) Number of Shares or Other Units To Be Sold (See instr. 3(a))	3 (d) Aggregate Market Value (See instr. 3(d))	3 (e) Number of Shares or Other Units Outstanding (See instr. 3(e))	3 (f) Approximate Date of Sale (See instr. 3(f)) (MO., DAY, YR.)	3 (g) Name of Each Securities Exchange (See instr. 3(g))
		Broker-Dealer File Number						
Common	NORTHERN TRUST SECURITIES INC 50 S LASALLE ST CHICAGO IL 60603			7,800	304,000	56,500,000	11/09/2020	NYSE

INSTRUCTIONS:

1. (a) Name of issuer
(b) Issuer's I.R.S. Identification Number
(c) Issuer's S.E.C. file number, if any
(d) Issuer's address, including zip code
(e) Issuer's telephone number, including area code
2. (a) Name of person for whose account the securities are to be sold
(b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
(c) Such person's address, including zip code
3. (a) Title of the class of securities to be sold
(b) Name and address of each broker through whom the securities are intended to be sold
(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
(e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer
(f) Approximate date on which the securities are to be sold
(g) Name of each securities exchange, if any, on which the securities are intended to be sold

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 control number.

SEC 1147 (08-07)
1.748092.112

TABLE I — SECURITIES TO BE SOLD

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:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired <i>(If sold, also give name of the acquirer)</i>	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common	01/27/2005 06/29/2010	Payment for services rendered Payment for services rendered	THS THS	2,000 5,800	01/27/2005 06/29/2010	Compensation Compensation

INSTRUCTIONS:
 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.

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

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.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Given Proceeds
THOMAS O'NEILL 2021 SPRING ROAD OAK BROOK IL 60522	TREEHOUSE FOODS INC	N/A	0.00	0.00

REMARKS:

INSTRUCTIONS:

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.

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 kept properly disclosed. If such person has adopted a written trading plan or given trading instructions to another, this notice, under the Exchange Act, by signing the form and acknowledging the disclosure that the plan was adopted for the instruction given, by a person under such representation of the plan adoption or instruction there.

11/09/2020

DATE OF NOTICE

CASE OF PLAN ADOPTION OR GIVING OF INSTRUCTIONS

IF RELATING TO RULE 10b5-1

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

Thomas E. O'Neill
 (SIGNED NAME)

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