

OMB APPROVAL	
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

1. Name and Address of Reporting Person* <u>Silodor Deborah</u> (Last) (First) (Middle) 275 SEVENTH AVE. (Street) NEW YORK NY 10001 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>Amalgamated Financial Corp. [AMAL]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>EVP & General Counsel</u>
	3. Date of Earliest Transaction (Month/Day/Year) 11/11/2021	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	
6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person Form filed by More than One Reporting Person		

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Class A Common Stock	11/11/2021	11/11/2021	M		103,660	A	\$12	106,061 ⁽¹⁾	D	
Class A Common Stock	11/11/2021		F		82,860	D	\$19.51	23,201	D	
Class A Common Stock	11/11/2021		S		13,171	D	\$19.59 ⁽²⁾	10,030	D	
Class A Common Stock	11/12/2021		S		4,483	D	\$19.22 ⁽³⁾	5,547	D	
Class A Common Stock	11/15/2021		S		367	D	\$19.03 ⁽⁴⁾	5,180	D	

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 Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date						Title
Employee Stock Option (right to buy)	\$12	11/11/2021	11/11/2021	M		38,520 ⁽¹⁾		11/11/2021	01/01/2026	Common Stock	38,520	\$0	40,921	D	
Employee Stock Option (right to buy)	\$13.75	11/11/2021		M		33,620		11/11/2021	01/01/2026	Common Stock	33,620 ⁽¹⁾	\$0	74,541	D	
Employee Stock Option (right to buy)	\$14.65	11/11/2021		M		31,520 ⁽¹⁾		11/11/2021	01/01/2028	Common Stock	31,520	\$0	106,061	D	

Explanation of Responses:

- This represents three tranches of options: (i) 38520, vesting in three tranches beginning on January 1, 2016 at \$12, (ii) 33620 vesting in three tranches beginning on January 1, 2017 at \$13.75, (iii) 31520 vesting in three tranches beginning on January 1, 2018 at \$14.65.
- The price in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$19.40- \$19.89 inclusive. The reporting person undertakes to provide to AMAL, any security holder of AMAL, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price in any of the numbers presented as a weighted average.
- The price in Column 4 is a weighted average price. The shares were sold in multiple transactions at prices ranging from \$19.15-\$19.47.
- The price in Column 4 is a weighted average price. The shares were sold in multiple tranches at prices ranging from \$19.12-\$19, inclusive.

/s/ Deborah Silodor 11/16/2021
 ** Signature of Reporting Person Date

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

* 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).

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.