FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

| OMB APPROVAL |              |           |  |  |  |  |  |  |  |  |
|--------------|--------------|-----------|--|--|--|--|--|--|--|--|
| ОМВ          | Number:      | 3235-0287 |  |  |  |  |  |  |  |  |
| Estima       | ated average | burden    |  |  |  |  |  |  |  |  |

0.5

hours per response:

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

## 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

|   |  |           |   |   |  |              | () -   |  |                  |                | прапу лег с  |                     |   |   |  |               |  |  |     |
|---|--|-----------|---|---|--|--------------|--------|--|------------------|----------------|--|---------------------|---|---|--|---------------|--|--|-----|
| Name and Address of Reporting Person*     Lilek JoAnn S       |  |           |   | 2. Issuer Name <b>and</b> Ticker or Trading Symbol Amalgamated Financial Corp. [ AMAL ] |  |              |        |  |                  |                |  | (Cl                 | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) |   |  |               |  |  |     |
| Lifek 30/Aiii 5   |  |           |   |   | *  |              |        |  |                  |                |  |                     | -   | X Direc   | ctor   |               | 10% O  | wner   |     |
| (Last) (First) (Middle)                                       |  |           | 3. Date of Earliest Transaction (Month/Day/Year) 05/25/2023 |   |  |              |        |  |                  | Offic<br>belov | er (give title<br>v)   |                     | Other (s  | specify   |  |               |  |  |     |
| 275 7TH   | I AVE  |           |   |   | 4. If Amendment, Date of Original Filed (Month/Day/Year)   |              |        |  |                  |                |  |                     |   | 6. Individual or Joint/Group Filing (Check Applicable Line) |  |               |  |  |     |
| (Street)  |  |           |   |   | 1  |              |        |  |                  |                |  |                     |   |   | X Form   | n filed by On | ie Rep   | orting Pers  | son |
| NEW YO  | ORK N  | Y 1       | 0001  |   |  |              |        |  |                  |                |  |                     |   | Form filed by More than One Reporting Person                |  |               |  |  |     |
| (City)  | (5   | state) (2 | Zip)  |   | Rule 10b5-1(c) Transaction Indication  |              |        |  |                  |                |  |                     |   |   |  |               |  |  |     |
|   |  |           |   |   | Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. |              |        |  |                  |                |  |                     |   |   |  |               |  |  |     |
|   |  | Table     | I - No  | n-Deriva  | tive S   | ecui         | rities | Acq  | uired,           | Dis            | osed of  | f, or               | Ben   | efici   | ally Owi   | ned           |  |  |     |
| 1. Title of Security (Instr. 3)  2. Transact Date (Month/Day) |  |           | Execution Date  |   | Oate,  | Code (Instr. |        | 4. Securities Acquired Disposed Of (D) (Instr. and 5)          |                  |                | Securi<br>Benefi<br>Owner<br>Follow  | cially<br>d<br>ving | Form<br>(D) o   | n: Direct<br>r<br>ect (I)                                   | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4)  |               |  |  |     |
|   |  |           |   |   |  |              | Code   | v  | Amount           |                | A) or<br>D)  | Price               |   | rted<br>action(s)<br>. 3 and 4)                             |  |               |  |  |     |
| Restricted Stocks Units 05/25/2                               |  |           |   | 2023 (1)  |  |              | A      |  | 3,439(2          | 2)             | Α  | \$0                 | 8,324 <sup>(3)</sup>  |   |  | D             |  |  |     |
|   | Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) |           |   |   |  |              |        |  |                  |                |  |                     |   |   |  |               |  |  |     |
| 1. Title of<br>Derivative<br>Security<br>(Instr. 3)           | erivative Conversion Date Execution Da<br>ecurity or Exercise (Month/Day/Year) if any  |           | tion Date,  | 4.<br>Transaction<br>Code (Instr.<br>8)   |  |              |        | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |                  | te             | 7. Title and<br>Amount of<br>Securities<br>Underlying<br>Derivative<br>Security<br>(Instr. 3 and 4 |                     | ,   | 8. Price of<br>Derivative<br>Security<br>(Instr. 5)         | 9. Number<br>derivative<br>Securities<br>Beneficiall<br>Owned<br>Following<br>Reported<br>Transactio<br>(Instr. 4) | у             | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) |     |
|   |  |           |   |   | Code   | v            | (A)    | (D)  | Date<br>Exercisa | ble            | Expiration<br>Date   | Title               | or<br>Nun<br>of   |   |  |               |  |  |     |

## Explanation of Responses:

- 1. The restricted stock units vest in one annual installment on May 25, 2024.
- 2. Each restricted stock unit represents a contingent right to receive one share of AMAL stock.
- 3. The displayed amount of Securities Beneficially Owned Following the Reported Transaction includes Vested Restricted Stock Unit Shares previously disclosed through a Form 4.

## Remarks:

<u>/s/ JoAnn Lilek</u> <u>05/30/2023</u>

\*\* Signature of Reporting Person Date

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

- $^{\star}$  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.