FEDERAL DEPOSIT INSURANCE CORPORATION

WASHINGTON, D.C. 20006

FORM 8-K

CURRENT REPORT

PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF 1934

Date of Report (Date of earliest event reported): March 11, 2019

AMALGAMATED BANK

(Exact name of registrant as specified in its charter)

New York (State or other jurisdiction of incorporation)	13-4920330 (IRS employer identification no.)
275 Seventh Avenue, New York, New York (Address of principal executive offices)	10001 (Zip Code)
Registrant's telephone number, in	acluding area code: (212) 895-8988
Not Applicable (Former name or former address, if changed since last report)	
Check the appropriate box below if the Form 8-K filing is intended to simultate following provisions (see General Instruction A.2. below):	neously satisfy the filing obligation of the registrant under any of the
☐ Written communications pursuant to Rule 425 under the Securities Act (1	7 CFR 230.425)
☐ Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 C	FR 240.14a-12)
☐ Pre-commencement communications pursuant to Rule 14d-2(b) under the	Exchange Act (17 CFR 240.14d-2(b))
$\hfill\Box$ Pre-commencement communications pursuant to Rule 13e-4(c) under the	Exchange Act (17 CFR 240.13e-4(c))
Indicate by check mark whether the registrant is an emerging growth compan Rule 12b-2 of the Securities Exchange Act of 1934 (17 CFR § 240.12b-2).	y as defined in Rule 405 of the Securities Act of 1933 (17 CFR § 230.405) or
Emerging growth company ⊠	
If an emerging growth company, indicate by check mark if the registrant has	elected not to use the extended transition period for complying with any new

or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. \square

Item 7.01. Regulation FD Disclosure.

On March 12, 2019, Amalgamated Bank (the "Company") will make presentations to certain institutional investors using the materials that are included as Exhibit 99.1 to this Current Report on Form 8-K (the "Investor Presentation"). The Company may use the Investor Presentation, possibly with modifications, in presentations from time to time thereafter to current and potential investors, analysts, lenders, business partners, acquisition candidates, customers, employees and others with an interest in the Company and its business.

By furnishing this Current Report on Form 8-K, including the Investor Presentation, the Company makes no admission as to the materiality of any information in this Report, including without limitation the Investor Presentation. The Investor Presentation contains forward-looking statements. See page 1 of the Investor Presentation for a discussion of certain forward-looking statements that are included therein and the risks and uncertainties related thereto. The Investor Presentation also includes financial information not prepared in accordance with generally accepted accounting principles ("Non-GAAP Financial Measures"). A reconciliation of the Non-GAAP Financial Measures to financial information prepared in accordance with generally accepted accounting principles ("GAAP"), as required by Regulation G, appears on page 24 of the Investor Presentation. The Company believes that the Non-GAAP Financial Measures provide investors additional ways to view our operations, when considered with both our GAAP results and the reconciliation to net income and net cash provided by operating activities, which we believe provide a more complete understanding of our business than could be obtained absent this disclosure. We believe the Non-GAAP Financial Measures also provide investors a useful tool to assess shareholder value.

The information in this Item 7.01, including Exhibit 99 shall not be deemed "filed" for purposes of Section 18 of the Securities Exchange Act of 1934, as amended, and shall not be deemed incorporated by reference into any filing with the Federal Deposit Insurance Corporation, except as expressly set forth by specific reference in such a filing.

Exhibit Index

Exhibit

No. Description

99.1 Investor Presentation dated March 11, 2019 (furnished only).

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

AMALGAMATED BANK

By: /s/ Keith Mestrich

Name: Keith Mestrich

Title: Chief Executive Officer and President

Date: March 11, 2019