FORM 4

# **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

OMB APPROVAL

| OMB Number:             | 3235-0287 |
|-------------------------|-----------|
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| hours per response:     | 0.5       |

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

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the

### 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

| affirmative defense<br>10b5-1(c). See Ins | e conditions of Rule<br>struction 10. |       |  |   |   |                       |  |  |
|---|---------------------------------------|-------|--|---|---|-----------------------|--|--|
| 1. Name and Addres Holland Tom            | s of Reporting Person *               |       | 2. Issuer Name and Ticker or Trading Symbol Pineapple Energy Inc. [ PEGY ] |   | ionship of Reporting Perso<br>all applicable)<br>Director | on(s) to Issuer       |  |  |
| (Last)                                    |                                       |       | 3. Date of Earliest Transaction (Month/Day/Year) 01/08/2024                |   | Officer (give title below)                                | Other (specify below) |  |  |
| 315 EAST LAKE<br>SUITE 301                | E STREET                              |       | 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 |   |                       |  |  |
| (Street) WAYZATA                          | MN                                    | 55391 |  |   | Form filed by More than                                   | One Reporting Person  |  |  |
| (City)                                    | (State)                               | (Zip) |  |   |   |                       |  |  |

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

| 1. Title of Security (Instr. 3) | 2. Transaction<br>Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | 3.<br>Transaction<br>Code (Instr.<br>8) |   | 4. Securities Acquired (A) or<br>Disposed Of (D) (Instr. 3, 4 and 5) |               |       | 5. Amount of<br>Securities<br>Beneficially Owned<br>Following Reported | 6. Ownership<br>Form: Direct (D)<br>or Indirect (I)<br>(Instr. 4) | Beneficial<br>Ownership |
|---------------------------------|--|---|---|---|--|---------------|-------|--|---|-------------------------|
|                                 |  |   | Code                                    | v | Amount   | (A) or<br>(D) | Price | Transaction(s)<br>(Instr. 3 and 4)                                     |   | (Instr. 4)              |
| Common Stock                    | 01/08/2024                                 |   | A                                       |   | 15,000(1)  | A             | \$0   | 30,190   | D   |                         |
| Common Stock                    |  |   |   |   |  |               |       | 21,102   | I   | By Trust                |

# 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 (Instr. 3) | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | Date | 3A. Deemed<br>Execution Date,<br>if any<br>(Month/Day/Year) | Transaction Code (Instr. |  | 5. Number of<br>Derivative<br>Securities<br>Acquired (A)<br>or Disposed of<br>(D) (Instr. 3, 4<br>and 5) |  | Expiration Date<br>(Month/Day/Year) |  | 7. Title and Amount of<br>Securities Underlying<br>Derivative Security<br>(Instr. 3 and 4) |   | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number of<br>derivative<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported | Ownership<br>Form:<br>Direct (D) | Beneficial<br>Ownership<br>(Instr. 4) |       |                                     |  |                              |  |
|--|--|---|------|---|--------------------------|--|--|--|-------------------------------------|--|--|---|---|--|----------------------------------|---------------------------------------|-------|-------------------------------------|--|------------------------------|--|
|  |  |   |      |   |                          |  |  |  |                                     |  | Code   | v | (A)   | (D)  | Date<br>Exercisable              | Expiration<br>Date                    | Title | Amount<br>or<br>Number<br>of Shares |  | Transaction(s)<br>(Instr. 4) |  |

#### Explanation of Responses:

1. Restricted Stock Units that fully vest on January 8, 2025.

/s/ Christine G. Long, Attorney-in-Fact for Thomas J. Holland 01/10/2024

\*\* Signature of Reporting Person

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.