FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549
vasilliquon,	D.C.	20043

STATEMENT	OF (CHANGES	IN BENEFICIA	L OWNERSHIP

	OMB APPRO	√AL
	OMB Number:	3235-0287
	Estimated average burden	
-	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).

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

1. Name and Address of Reporting Person* COLEMAN GREGORY				2. Issuer Name and Ticker or Trading Symbol BuzzFeed, Inc. [BZFD]							all applicable Director	10% Ov		/ner			
(Last) C/O BUZ	(ZZFEED, II	First)	(Middle)		3. Date of Earliest Transaction (Month/Day/Year) 12/28/2022						\dashv	Officer (gir below)	ve title	Other (spec below)		pecify	
229 W. 43RD STREET, 10TH FLOOR																	
(Street) NEW YO	ORK 1	NY	10036		4. If Amendment, Date of Original Filed (Month/Day/Year)				6. Indiv	dividual or Joint/Group Filing (Check Applicable Line) Form filed by One Reporting Person 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 Date (Month/Day/Year)		Execu	2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8) 4. Securities Acqu Disposed Of (D) (In				5. Amount of Securities Beneficially Following Roman Transaction	Owned eported	6. Owner Form: I (D) or In (I) (Inst	Direct ndirect r. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
Code				v	Amount	(A) or (D)	Price	(Instr. 3 and				(instr. 4)					
	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	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)				Securities Expiration Date (Month/Day/Year) Securities Undo Derivative Securities (Instr. 3 and 4)		Underlying Security	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficial Owned	/e es ally	10. Ownershi Form: Direct (D) or Indirect	Beneficial Ownership (Instr. 4)		
	Security			Code	v	(A)	(D)	Date Exercis	sable	Expiration Date	Title	Amount or Number of Shares		Followin Reported Transact (Instr. 4)	d tion(s)	(I) (Instr. 4	'
Stock Option (Right to Buy)	\$5.31	12/28/2022		D			1,594,854	(1))	12/31/2022	Class A Common Stock	1,594,854	(1)	0	0 D		
Stock Option (Right to Buy)	\$5.31	12/28/2022		A		1,594,854		(1))	03/31/2024	Class A Common Stock	1,594,854	(1)	1,594,	,854	D	

Explanation of Responses:

1. The two reported transactions involve an amendment to extend the expiration date of outstanding options, resulting in the deemed cancellation of the "old" options and the grant of replacement options. The options were originally granted on August 7, 2014, and are fully vested and exercisable for shares of the issuer's Class A Common Stock.

Remarks:

Felicia DellaFortuna, as

Attorney-in-Fact for Gregory

Coleman

** Signature of Reporting Person

01/06/2023

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

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.

 $^{^{\}star}$ 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).