FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549
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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
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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* AMBLE JOAN LORDI				2. Issuer Name and Ticker or Trading Symbol BuzzFeed, Inc. [BZFD]									5. Relationship of Reporting Person(s) to Issuer (Check all applicable)								
AMBLE JOAN LORDI													X Direct		or		10% Ov	vner			
(Last)	(F ZZFEED, I	,	(Middle)			3. Date of Earliest Transaction (Month/Day/Year) 03/03/2022									Officer elow)	(give title		Other (s below)	specify		
111 EAST 18TH STREET, 13TH FLOOR					4. If	If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable						
(Street)														e) X Form filed by One Reporting Person							
NEW YO	ORK N	Y	10003												Form filed by More than One Reporting Person						
(City)	(S	itate) ((Zip)																		
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																				
1. Title of Security (Instr. 3) 2. Transac Date (Month/Date)					Execution Date		on Date,	Date, Transaction Code (Instr					4 and Securit		ies For cially (D) Following (I) (n: Direct or Indirect onstr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
									Code	v	Amount	(A) o (D)	Price	Tran		ction(s) 3 and 4)			(1130.4)		
Class A Common Stock 03/03/				/2022		М		599) A S		00	8,570			D						
	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																				
Derivative Conversion Da		Date Exe (Month/Day/Year) if a	if any	ecution Date, ny		4. Transaction Code (Instr. B)		ı of l		6. Date Exercisable and Expiration Date (Month/Day/Year)			od of og e Security nd 4)	Deriva Secur (Instr.	Price of erivative ecurity estr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)		
					Code	v	(A)		Date Exercisab		xpiration ate	Title	Amount or Number of Shares								
Restricted Stock Units	(1)	03/03/2022			M			599	(2)		(3)	Class A Common Stock	599	\$0.	00	1,799		D			

Explanation of Responses:

- 1. Each RSU represents a contingent right to receive one share of the Issuer's Class A Common Stock, subject to the reporting person's continued status as a service provider to the Issuer.
- 2. 25% of the award vested on March 3, 2022. The remainder of the award vests in three equal quarterly installments thereafter on the third of June, September, and December 2022.
- 3. These RSUs do not expire; they either vest or are canceled prior to the vesting date.

Remarks:

/s/ Samuel Torres, Attorney-in-Fact for Joan L. Amble

03/07/2022

** 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.