## FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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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 <sup>*</sup> Sramek Naytri Shroff			2. Issuer Name <b>and</b> Ticker or Trading Symbol Grove Collaborative Holdings, Inc. [GROV]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 05/15/2023	X	Director Officer (give title below)	10% Owner Other (specify below)				
C/O GROVE COLLABORATIVE HOLDINGS 1301 SANSOME STREET (Street)			4. If Amendment, Date of Original Filed (Month/Day/Year)       6. Individual or Joint/Group Filing (Check X         -       Form filed by One Reporting Particular Form filed by More than One R							
SAN FRANCISCO	СА	94111	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							
(City)	(State)	(Zip)	☐ affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.							

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

1. Title of Security (Instr. 3)		2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)		Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership	
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
Class A Common Stock	05/15/2023		М		106,209	A	(1)	106,209	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1 Title of 2. Conversion 3 Transaction 3A. Deemed 5 Number of 6. Date Exercisable and 7. Title and Amount of 8. Price of 9. Number of 10 11. Nature Execution Date. Transaction Securities Underlying of Indirect Derivative Date Derivative Expiration Date Derivative derivative Ownership Security (Instr. 3) or Exercise Price of (Month/Day/Year if any (Month/Day/Year) Code (Instr. Securities (Month/Day/Year) Derivative Security (Instr. Form: Direct (D) Beneficial Security Securities Acquired (A) or 8) 3 and 4) (Instr. 5) Beneficially Ownership Derivative Security Owned Following or Indirect (I) (Instr. 4) (Instr. 4) Disposed of (D) (Instr. 3. 4 and Reported 5) Transaction(s) Amount or Number of (Instr. 4) Date Expiration Code v (A) (D) Exercisable . Date Title Shares Class A Restricted Stock 05/15/2023 106,209 212,418 (1) М 106,209 (3) (1) D Common Units Stock

## Explanation of Responses:

1. Each restricted stock unit ("RSU") represents a contingent right to receive one share of class A Common Stock

2. These RSUs vest as follows: 1/3 of these RSUs will vest on the earlier of May 15, 2023 or the date of the 2023 Annual Meeting of Stockholders, 1/3 of these RSUs will vest on the earlier of May 15, 2024 or the date of the 2024 Annual Meeting of Stockholders, and 1/3 of these RSUs will vest on the earlier of May 15, 2025 or the date of the 2025 Annual Meeting of Stockholders.

3. The RSUs have no expiration date.

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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.

OMB APPROVAL

Σ. 78ff(a). ocedure.