Prospectus Supplement No. 7 (To Prospectus dated September 16, 2022)

GROVE COLLABORATIVE HOLDINGS, INC.

This prospectus supplement updates, amends and supplements the prospectus dated September 16, 2022 (the "Prospectus"), which forms a part of our Registration Statement on Form S-1, as amended (Registration No. 333-266205). Capitalized terms used in this prospectus supplement and not otherwise defined herein have the meanings specified in the Prospectus.

This prospectus supplement is being filed to update, amend, and supplement the information included in the Prospectus with the information contained in our Current Report on Form 8-K filed with the Securities and Exchange Commission ("SEC") on April 11, 2023, which is set forth below.

This prospectus supplement is not complete without the Prospectus. This prospectus supplement should be read in conjunction with the Prospectus, which is to be delivered with this prospectus supplement, and is qualified by reference thereto, except to the extent that the information in this prospectus supplement updates or supersedes the information contained in the Prospectus. Please keep this prospectus supplement with your Prospectus for future reference.

Our shares of Class A Common Stock are listed on The New York Stock Exchange under the symbol "GROV." On April 10, 2023, the closing sale price of our Class A Common Stock was \$0.446 per share.

We are an "emerging growth company" under federal securities laws and are subject to reduced public company reporting requirements. Investing in shares of our Class A Common Stock involves risks that are described in the "Risk Factors" section beginning on page 8 of the Prospectus.

Neither the SEC nor any state securities commission has approved or disapproved of the securities to be issued under the Prospectus or determined if the Prospectus or this prospectus supplement is truthful or complete. Any representation to the contrary is a criminal offense.

The date of this prospectus supplement is April 11, 2023

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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): April 10, 2023

GROVE COLLABORATIVE HOLDINGS, INC.

(Exact name of registrant as specified in its charter)

Delaware (State or other jurisdiction of incorporation) 001-40263 (Commission File Number) 88-2840659 (IRS Employer Identification No.)

1301 Sansome Street San Francisco, California (Address of principal executive offices)

94111 (Zip Code)

(800) 231-8527 (Registrant's telephone number, including area code)

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 simultaneously satisfy the filing obligation of the registrant under any of the following	, provisions
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Ш	Written communications	pursuant to	Rule 425	under the	Securities A	1ct (17	CFR 230.42	.5)

Soliciting material	pursuant to Rule	14a-12 under the	e Exchange Act (17 CFR 240.14a-12)

Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

Class A common stock, par value \$0.0001 Redeemable warrants, each whole warrant	GROV	New York Stock Exchange	
		New Tork Stock Exchange	
exercisable for one share of Class A common stock at an exercise price of \$11.50 per share	GROV.WS	New York Stock Exchange	
Indicate by check mark whether the registrant is an emerging growth compathe Securities Exchange Act of 1934 (§240.12b-2 of this chapter).	ny as defined in Rule 405 of the Secur	rities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of	
Emerging growth company ⊠			
If an emerging growth company, indicate by check mark if the registrant has accounting standards provided pursuant to Section 13(a) of the Exchange Accounting standards provided pursuant to Section 13(b) of the Exchange Accounting standards provided pursuant to Section 13(b) of the Exchange Accounting standards provided pursuant to Section 13(b) of the Exchange Accounting standards provided pursuant to Section 13(b) of the Exchange Accounting standards provided pursuant to Section 13(c) of the Exchange Accounting standards provided pursuant to Section 13(c) of the Exchange Accounting standards provided pursuant to Section 13(c) of the Exchange Accounting standards provided pursuant to Section 13(c) of the Exchange Accounting standards provided pursuant to Section 13(c) of the Exchange Accounting standards provided pursuant to Section 13(c) of the Exchange Accounting standards provided pursuant to Section 13(c) of the Exchange Accounting standards provided pursuant to Section 13(c) of the Exchange Accounting standards provided pursuant to Section 13(c) of the Exchange Accounting standards provided pursuant to Section 13(c) of the Exchange Accounting standards provided pursuant to Section 13(c) of the Exchange Section		ition period for complying with any new or revised financial	

 $\label{eq:pre-commencement} \square \quad \text{Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))}$

Item 5.02 Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.
Departure of a Director
On April 10, 2023, Fumbi Chima notified Grove Collaborative Holdings, Inc. (the "Company") of her intent to resign from the Board of Directors (the "Board") of the Company, effective immediately. Ms. Chima's decision to resign is solely for personal reasons and did not involve any disagreement with the Company, the Company's management or the Board.

SIGNATURES

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.

GROVE COLLABORATIVE HOLDINGS, INC.

By: /s/ Nathan Francis

Name: Nathan Francis

Title: General Counsel and Corporate Secretary

Date: April 11, 2023