

FORM 144
NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

1 (a) NAME OF ISSUER (Please type or print)

1 (a) NAME OF ISSUER (Please type or print)		(b) IRS IDENT. NO.		(c) S.E.C. FILE NO.		WORK LOCATION	
Quest Resource Holding Corporation		51-0665952		001-36451			
1 (d) ADDRESS OF ISSUER		CITY		STATE		(e) TELEPHONE NO.	
3481 Plano Parkway, The Colony TX 75056							
2 (a) NAME OF PERSON FOR WHOM ACCOUNT THE SECURITIES ARE TO BE SOLD		(b) RELATIONSHIP TO ISSUER		(c) ADDRESS STREET		CITY	
Laurie Latham		Executive					
						ZIP CODE	
						464-0004	
						NUMBER	
						972	
						STATE	
						ZIP CODE	
						C/O Quest Resource Holding Corp., 3481 Plano Pkwy, The Colony TX 75056	

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

[illegible]

1. (a) Name of issuer
(b) Issuer's I.R.S. Identification Number
(c) Issuer's S.F.C. file number, if any
(d) Issuer's address, including zip code
(e) Issuer's telephone number, including

2. (a) Name of person for whose account the securities are to be sold
- (b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
- (c) Such person's address, including zip code

- Name and address of each broker through whom the securities are intended to be sold
- Title of the class of securities to be sold
- Name and address of each broker through whom the securities are intended to be sold
- Number of shares or other units to be sold (if debt securities, the aggregate face amount)
- Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the date of the offering
- Number of shares or other units of the class outstanding, or if debt securities, the face amount to be sold
- By the most recent report or statement published by the issuer
- Approximate date on which the securities are to be sold
- Approximate date on which the securities are to be sold
- Name of each securities exchange, if any, on which the securities are intended to be sold

SEC 1147 (08-07)

TABLE I — SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
COMMON	2/12/19	STOCK OPTION GRANT	ISSUER	10,311	OCT. 2022	CASH

INSTRUCTIONS:

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
SAME AS 2(a)-(b)			SEE EXHIBIT "A"	

REMARKS:

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION: The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

OCTOBER 25, 2022

DATE OF NOTICE 9-23-22

DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION, IF RELYING ON RULE 10b5-1

[Signature]
(SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

EXHIBIT A

TABLE II - SECURITIES SOLD DURING THE PAST 3 MONTHS

25-Oct-22

LAURIE LATHAM

C/O QUEST RESOURCE HOLDING CO.

3481 Plano Parkway

The Colony TX 75056

TITLE OF SECURITIES SOLD	DATE OF SALE	AMOUNT OF SECURITIES SOLD	GROSS PROCEEDS
COMMON	8/29/2022	8,730	\$61,166.75
COMMON	8/30/2022	6,963	\$48,754.23
COMMON	9/1/2022	1,871	\$13,097.00
COMMON	9/8/2022	9,961	\$40,928.25
COMMON	9/9/2022	2,605	\$22,132.75
COMMON	9/12/2022	7,434	\$63,417.22
COMMON	9/21/2022	10,000	\$80,665.00
COMMON	10/24/2022	12,189	\$97,004.50