



## **The Real Good Food Company to Report Third Quarter 2022 Financial Results on Friday, November 11 at 8:30 a.m. Eastern Time**

November 1, 2022

CHERRY HILL, N.J., Nov. 01, 2022 (GLOBE NEWSWIRE) -- The Real Good Food Company, Inc. (NASDAQ: RGF) ("Real Good Foods" or the "Company"), a leading innovation-centric health and wellness frozen foods company, today announced that it will release financial results for the third quarter ended September 30, 2022, before market open on Friday, November 11, 2022.

Management will host an investor conference call at 8:30 a.m. Eastern time on Friday, November 11, 2022 to discuss Real Good Foods' third quarter financial results, provide a corporate update, and conclude with a question and answer session with telephone participants. To participate, please use the following information:

### **Q3 2022 Conference Call and Webcast**

Date: Friday, November 11, 2022

Time: 8:30 a.m. Eastern time

U.S./Canada Dial-in: 1-877-451-6152

International Dial-in: 1-201-389-0879

Conference ID: 13734162

Webcast: [RGF Q3 FY22 Webcast](#)

Please dial in at least 10 minutes before the start of the call to ensure timely participation.

A telephone playback of the call will be available through Friday, November 25, 2022. To listen, call 1-844-512-2921 within the United States and Canada or 1-412-317-6671 when calling internationally. Please use the replay pin number 13734162. A webcast will also be available by clicking here: [RGF Q3 FY22 Webcast](#).

### **About Real Good Food Company**

Real Good Foods (NASDAQ: RGF) is a leading health and wellness frozen foods company, providing a better way to enjoy your favorite foods. The Company's mission is to provide "Real Food You Feel Good About Eating", making delicious, nutritious foods that are low in sugar, low in carbohydrates and high in protein. The Real Good Foods family of products includes breakfast, lunch, dinner, and snacks – available in over 16,000 stores nationwide with additional direct-to-consumer options.

To learn more, please visit our website at [realgoodfoods.com](https://realgoodfoods.com) or join us on social media @realgoodfoods – where we maintain some of the largest followings in the frozen food industry today.

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