



The Real Good Food Company to Report Third Quarter 2023 Financial Results on Friday, November 10 at 10:00 a.m. Eastern Time

November 3, 2023

CHERRY HILL, N.J., Nov. 03, 2023 (GLOBE NEWSWIRE) -- [The Real Good Food Company Inc.](#) (Nasdaq: RGF) ("Real Good Foods" or the "Company"), a leading health and wellness frozen and refrigerated food company, today announced that it will release financial results for the third quarter ended September 30, 2023 before market open on Friday, November 10, 2023.

Management will host an investor conference call at 10:00 a.m. Eastern time on Friday, November 10, 2023 to discuss Real Good Foods' third quarter 2023 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 2023 Conference Call and Webcast

Date: Friday, November 10, 2023

Time: 10:00 a.m. Eastern time

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

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

Conference ID: 13742337

Webcast: [RGF Q3 2023 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 24, 2023. 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 13742337. A webcast replay will also be available by clicking here: [RGF Q3 2023 Webcast](#).

About The Real Good Food Company

Real Good Foods (NASDAQ: RGF) is a leading health and wellness frozen and refrigerated 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](#) or join us on social media @realgoodfoods – where we maintain some of the largest followings in the frozen food industry today.

Investor Relations Contact

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