FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person* AWM Investment Company, Inc.				2. Issuer Name and Ticker or Trading Symbol Real Good Food Company, Inc. [RGF]									5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X 10% Owner						
(Last) (First) (Middle) 527 MADISON AVENUE				3. Date of Earliest Transaction (Month/Day/Year) 02/17/2023								Officer (give title Other (specify below) below)							
SUITE 2600				4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line)							
(Street) NEW YORK NY 10022												X Form filed by One Reporting Person Form filed by More than One Reporting Person							
(City)	(St	ate) (Z	(ip)																
		Table	I - Non-Deriva	tive S	Secur	rities	Acq	uired	l, Dis	pose	d of,	or E	Benefic	ially Own	ed				
1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year)			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 8			or 4 and 5)	Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)						
							Code	v	Amou	int	(A) or (D)	Pric	e	Reported Transaction(s) (Instr. 3 and 4)					
Common Stock 02/17/2023			02/17/2023			S		8,3	16(2)	D	\$4.	.8839(1)	851,951(2)		I (2)		By Limited Partnerships ⁽²⁾		
Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																			
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	onversion Date Execution Date, Transa Code (I if any (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 8)		Fransaction of Code (Instr. Derivativ		vative irities ired r osed)	6. Date Exercisable and Expiration Date (Month/Day/Year)				7. Title and Amount of Securities Underlying Derivative Security (Inst 3 and 4)		8. Price of Derivative Security (Instr. 5)			10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		11. Nature of Indirect Beneficial Ownership (Instr. 4)	
Fundamentia				Code	v	(A)	Date (D) Exerci		isable	Expira Date		Title	Amount or Number of Shares						

Explanation of Responses:

1. This is a weighted average price.

2. AWM Investment Company, Inc., a Delaware corporation (AWM), is the investment adviser to Special Situations Fund III QP, L.P. (SSFQP) and Special Situations Cayman Fund, L.P. (Cay). (Cay and together with SSFQP, the Funds). As the investment adviser to the Funds, ASM holds sole voting and investment power over 643,221 shares of Common Stock of the Issuer (the Shares) held by SSFQP and 208,730 Shares held by Cay. David M. Greenhouse (Greenhouse) and Adam C. Stettner (Stettner) are the controlling principals of AWM. The reporting person disclaims beneficial ownership of the Shares, except to the extent of its pecuniary interest therein. This report shall not be deemed an admission that the reporting person is the beneficial owner of the securities reported herein for purposes of Section 16 of the Securities Exchange Act of 1934, as amended, or for any other purpose.

Adam Stettner

02/22/2023

** Signature of Reporting Person Date

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.