SEC Form 4
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	FORM	4 U	NITE	D STAT	ſES	SE					XCHAN	GE C	OMN	MISSIO	Ν			
								Washin	gton, D.(	C. 205	49					OME	B APPRC	VAL
to Section 16. Form 4 or Form 5				TEMEN	EMENT OF CHANGES IN BENEFICIAL OWN											Numb	oer: average burd	3235-0287 len
obligations may continue. See Instruction 1(b).					iled pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940													0.5
		Reporting Person*									Symbol 7. Inc. [ R	GF ]		Relationship heck all app		ing Pe	erson(s) to l	ssuer
<u>Stranu</u>	<u>Equity Pa</u>	artners III, LI	<u>.C</u>		Real Good Food Company, Inc. [ RGF ] 3. Date of Earliest Transaction (Month/Day/Year)									Director X Officer (give title			-	10% Owner Other (specify
(Last) (First) (Middle)				08/21/2023									below) below)					
1888 CENTURY PARK EAST, SUITE 1440				4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable Line)					
(Street) LOS					Form filed by One Reporting Person X Form filed by More than One Reporting Person													
ANGEL				Rule 10b5-1(c) Transaction Indication														
(City)	(St	ate) (2	Zip)		Check this box to indicate that a transaction was made pursuant to a satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instru						contract, instr uction 10.	uction or writ	tten pla	an that is inte	ended to			
		Table	I - No	n-Deriva	tive	Sec	curitie	s Acq	uired	, Dis	posed of,	or Be	nefici	ally Own	ed			
1. Title of Security (Instr. 3) (Month/Day					E: if	2A. Deemed Execution Date, if any (Month/Day/Year)		Code (Instr.		4. Securities Disposed O 5)			nd Securi Benefi		Fori (D)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership	
							iona i Di	ly, i cui j	Code	v	Amount	(A) or (D)	Price	Report Transa			1541.47	(Instr. 4)
Class A (	Common St	ock		08/21/2	2023	┢			S		2,972	D	\$4.2	·	51,694		D	
Class A (	Common St	ock		08/22/2	2023	.023			S		6	D	\$4.2	25 25	251,688		D	
Class A G	Common St	ock		08/23/2	2023	023		S		1,688	D	\$4.2	8(2) 25	50,000		D		
		Ta	ble II -								osed of, c convertibl				d			
								,	•	,				-		e Ownershi s Form: Ily Direct (D) or Indirec (I) (Instr. 4		
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	if any	emed ion Date, /Day/Year)	4. Transa Code 8)		on of tr. Dei Sec (A) Dis of (	posed D) str. 3, 4	6. Date Expirat (Month	tion Da	ate	7. Title a Amount Securitie Underlyi Derivativ Security 3 and 4)	of es ing /e (Instr.	8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	ly	Ownership	of Indirec Beneficial Ownershi (Instr. 4)
Derivative Security	Conversion or Exercise Price of Derivative	Date	Execut if any	ion Date,	Trans Code	(Inst	on of tr. Der Sec (A) Dis of ( (Ins	ivative surities juired or posed D) itr. 3, 4   5)	Expirat	tion Da I/Day/Y	ate	Amount Securitie Underlyi Derivativ Security 3 and 4) A 0 N 0 0	of es re (Instr. mount r umber	Derivative Security	derivative Securities Beneficial Owned Following Reported Transactio	ly	Ownership Form: Direct (D) or Indirect	Beneficial Ownershi (Instr. 4)
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	Date	Execut if any (Month	ion Date,	Transa Code 8)	(Inst	on of tr. Den Sec (A) Dis of ( (Ins and	ivative surities juired or posed D) itr. 3, 4   5)	Expirat (Month	tion Da I/Day/Y	ate (ear) Expiration	Amount Securitie Underlyi Derivativ Security 3 and 4) A 0 N 0 0	of es ing ve (Instr. (Instr. mount r umber f	Derivative Security	derivative Securities Beneficial Owned Following Reported Transactio	ly	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownershi (Instr. 4)
1. Name a Strand	Conversion or Exercise Price of Derivative Security and Address of Equity Pa	Date (Month/Day/Year)	Execut if any (Month	ion Date, /Day/Year)	Transa Code 8)	(Inst	on of tr. Den Sec (A) Dis of ( (Ins and	ivative surities juired or posed D) itr. 3, 4   5)	Expirat (Month	tion Da I/Day/Y	ate (ear) Expiration	Amount Securitie Underlyi Derivativ Security 3 and 4) A 0 N 0 0	of es ing ve (Instr. (Instr. mount r umber f	Derivative Security	derivative Securities Beneficial Owned Following Reported Transactio	ly	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownershi (Instr. 4)
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1. Name a Strand (Last) (Street)	Conversion or Exercise Price of Derivative Security and Address of Equity Pa CNTURY PA	Date (Month/Day/Year)	Execut if any (Month	ddle) 40 067	Transa Code 8)	(Inst	on of tr. Den Sec (A) Dis of ( (Ins and	ivative surities juired or posed D) itr. 3, 4   5)	Expirat (Month	tion Da I/Day/Y	ate (ear) Expiration	Amount Securitie Underlyi Derivativ Security 3 and 4) A 0 N 0 0	of es ing ve (Instr. (Instr. mount r umber f	Derivative Security	derivative Securities Beneficial Owned Following Reported Transactio	ly	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownershi (Instr. 4)
1. Name a Strand (Last) 1888 CE (Street) LOS AN (City) 1. Name a	Conversion or Exercise Price of Derivative Security and Address of Equity Pa CNTURY PA	Date (Month/Day/Year)	Execut if any (Month <u>C</u> (Mi TE 144 900 (Zip	ddle) 40 067	Transa Code 8)	(Inst	on of tr. Den Sec (A) Dis of ( (Ins and	ivative surities juired or posed D) itr. 3, 4   5)	Expirat (Month	tion Da I/Day/Y	ate (ear) Expiration	Amount Securitie Underlyi Derivativ Security 3 and 4) A 0 N 0 0	of es ing ve (Instr. (Instr. mount r umber f	Derivative Security	derivative Securities Beneficial Owned Following Reported Transactio	ly	Ownership Form: Direct (D) or Indirect	of Indirect Beneficial Ownershi (Instr. 4)
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security and Address of Equity Pa CNTURY PA IGELES Ind Address of Managen	Date (Month/Day/Year)	Execut if any (Month C TE 144 900 (Zip (Mi	ion Date, /Day/Year) /Day/Year) ddle) 40 067 0)	Transa Code 8)	(Inst	on of tr. Den Sec (A) Dis of ( (Ins and	ivative surities juired or posed D) itr. 3, 4   5)	Expirat (Month	tion Da I/Day/Y	ate (ear) Expiration	Amount Securitie Underlyi Derivativ Security 3 and 4) A 0 N 0 0	of es ing ve (Instr. (Instr. mount r umber f	Derivative Security	derivative Securities Beneficial Owned Following Reported Transactio	ly	Ownership Form: Direct (D) or Indirect	of Indirec Beneficial Ownershi (Instr. 4)
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Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security and Address of Equity Pa CNTURY PA IGELES INTURY PA	Date (Month/Day/Year) FREPORTING PERSON® ARTINETS III, LI (First) ARK EAST, SUI CA (State) FREPORTING PERSON® MENT CO (First) ARK EAST, SUI	Execut if any (Month) JC (Mi TE 144 900 (Zip (Mi TE 144	ion Date, /Day/Year) /Day/Year) ddle) 40 067 0) ddle) 40	Transa Code 8)	(Inst	on of tr. Den Sec (A) Dis of ( (Ins and	ivative surities juired or posed D) itr. 3, 4   5)	Expirat (Month	tion Da I/Day/Y	ate (ear) Expiration	Amount Securitie Underlyi Derivativ Security 3 and 4) A 0 N 0 0	of es ing ve (Instr. (Instr. mount r umber f	Derivative Security	derivative Securities Beneficial Owned Following Reported Transactio	ly	Ownership Form: Direct (D) or Indirect	of Indirec Beneficia Ownersh (Instr. 4)

1. Name and Address of Reporting  $\operatorname{Person}^*$ Rodsky Seth

(Last) (First) (Middle)

	UITY PARTNERS	
1888 CENTURY 1	PARK EAST, SUIT	E 1440
(Street) LOS ANGELES	CA	90067
(City)	(State)	(Zip)

## Explanation of Responses:

1. This price reflects the weighted average price at which these shares were sold. The shares were sold in multiple transactions at prices ranging from \$4.25 to \$4.30, inclusive. The Reporting Persons undertake to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.

2. This price reflects the weighted average price at which these shares were sold. The shares were sold in multiple transactions at prices ranging from \$4.26 to \$4.29, inclusive. The Reporting Persons undertake to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range set forth in this footnote.

## **Remarks:**

Strand Management Company ("SMC") is the sole manager of Strand Equity Partners III, LLC ("SEP III") and Seth Rodsky is the President of SMC, and as such, SMC and Mr. Rodsky may be deemed to share voting and dispositive power with respect to any securities beneficially owned by SEP III. SMC and Mr. Rodsky disclaim beneficial ownership of the securities reported herein except to the extent of his pecuniary interest therein, if any, and this report shall not be deemed an admission that either SMC or Mr. Rodsky is the beneficial owner of such securities for purposes of Section 16 of the Securities Exchange Act of 1934, as amended, or for any other purpose. The Reporting Persons are jointly filing this Form 3 pursuant to Rule 16a-3(j) under the Exchange Act.

Strand Equity Partners III,	
LLC By Strand Management	08/23/2023
Company By: /s/ Seth Rodsky	
Strand Management Company	00/22/2022
By: /s/ Seth Rodsky	00/23/2023
Seth Rodsky /s/ Seth Rodsky	08/23/2023
** 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.