FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

**OMB APPROVAL** OMB Number: Estimated average burden

0.5

hours per response:

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934

				or Sect	tion 30	0(h) c	of the Ir	ivestn		mpany	Act of	1940								
1. Name and Address of Reporting Person*  AWM Investment Company, Inc.					2. Issuer Name <b>and</b> 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)				3. Date of Earliest Transaction (Month/Day/Year) 06/26/2023										Officer (give title below)  Officer (specify below)					-	
527 MADISON AVENUE 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						
10022				Rule 10b5-1(c) Transaction Indication																
(City)	(St	Zip)	Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.																	
		Table	I - Non-Deriva	tive Se	ecur	ities	s Acq	uire	d, Dis	pose	d of,	or E	Benefic	ially Owr	ed					
[			2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)		е,	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5				5. Amount of Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or		7. Nature of Indirect Beneficial Ownership (Instr.			
							Code	v	Amou	nt	(A) or (D)	Pric	e	Reported Transaction (Instr. 3 and	Indirect (I) (Instr. 4)		4)			
Common Stock			06/26/2023				S		2,557 D		D	\$	3.54 <sup>(1)</sup>	747,374		I		By Limited Partnerships		
Common Stock			06/27/2023				S		45,2	29 <sup>(2)</sup>	D	\$3.	.5134 <sup>(1)</sup>	702,145 <sup>(2)</sup>		I <sup>(2)</sup>		By Limited Partnerships <sup>(2)</sup>		
		Tal	ole II - Derivati (e.g., pu												d					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	onversion   Date   Execution Date,   Execution Date,   if any   (Month/Day/Year)   Execution Date,   if any   (Month/Day/Year)   Execution Date,   if any   (Month/Day/Year)   Execution Date,   if any   if any		Code (Instr. of De Se Ac (A) Discontinuo of (Instruction of Instruction of Instru		Num of Deriv Secu Acqu (A) o Disp of (D (Inst and	vative urities uired or oosed o) tr. 3, 4	Expir (Mon	te Exercisable and ation Date th/Day/Year)  Expiration cisable Date			7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)  Amount or Number of Title Shares		8. Price of Derivative Security (Instr. 5)	derivative Securities Beneficially Owned		Form Direct or Inc	ership 1:	11. Nature of Indirect Beneficial Ownership (Instr. 4)	

## **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, AWM holds sole voting and investment power over 530,118 shares of Common Stock of the Issuer (the Shares) held by SSFQP and 172,027 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.

Exercisable

V (A) (D)

Adam Stettner

06/28/2023

\*\* 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).

Code

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.