



FOR IMMEDIATE RELEASE

Real Good Foods Drops Dino Nuggets Nationwide

The better-for-you bite that's making mealtime fun again—now available at major retailers, including Walmart, HEB and Publix

BOLINGBROOK, Ill. July 15, 2025 — [The Real Good Foods Company, Inc.](#), a leading health and wellness frozen and refrigerated foods company, today announces its boldest, most playful product yet: Lightly Breaded Dino Nuggets. The high-protein, grain-free and dino-shaped bites are stomping into freezer aisles nationwide at Walmart, HEB, Publix, Wakefern and Meijer.

Made with real ingredients and no artificial additives, the new Dino Nuggets deliver 13 grams of protein per 5-piece serving—making them a more wholesome option than leading competitors. They're gluten- and grain-free and contain none of the highly refined flours commonly found in kids' frozen foods, offering a cleaner, feel-good choice for families.

"We didn't just want to play in the Dino Nugget space—we wanted to completely reimagine it," said Rikki Ingram, chief marketing officer at Real Good Foods. "This product is a huge milestone for the brand, and one that meets a real need for busy families looking for something fun, quick and truly nutritious at mealtime."

This launch marks Real Good Foods' first product made specifically for children and families. With Dino Nuggets hitting shelves in approximately 4,700 stores, and more distribution expected soon, the brand continues to disrupt the frozen aisle with nutritious options that prove better-for-you doesn't mean boring. By leading with clean ingredients and functional nutrition, Real Good Foods makes it easier for families to choose meals they feel good about—one bite at a time.

To find Dino Nuggets in a retailer near you, visit www.realgoodfoods.com, and follow @realgoodfoods on Instagram and TikTok for recipes, mealtime hacks and dino-sized fun.

About The Real Good Food Company

Real Good Foods 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 meals that are low in sugar, low in carbohydrates and high in protein. The Real Good Foods family of products spans breakfast, lunch, dinner and snacks, and is available in over 16,000 stores nationwide. For more information, visit realgoodfoods.com or follow @realgoodfoods on social media.

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