Form 8-K November 06, 2008

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 OR 15(d) of The Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): November 4, 2008

Innovative Food Holdings, Inc. (Exact name of registrant as specified in its charter)

Florida 0-9376 20-1167761

(State or other jurisdiction of (Commission File Number) (IRS Employer Identification No.)

incorporation)

1923 Trade Center Way, Naples, Florida 34109 (Address of principal executive offices) (Zip Code)

Registrant's telephone number, including area code: (239) 596-0204

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- r Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- r Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- r Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- r Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

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Item 8.01. Other Events.

On November 4, 2008, we issued a press release announcing entry into an extension of our agreement with our largest customer upon the same terms. A copy of the press release is attached hereto as an exhibit.

Item 9.01. Financial Statements and Exhibits.

Exhibit 10.1 Press Release dated November 4, 2008

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

INNOVATIVE FOOD HOLDINGS, INC.

Dated: November 4, 2008

By: /s/ Sam Klepfish Sam Klepfish, CEO

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Exhibit Index

Exhibit 10.1 Press Release dated November 4, 2008