

Item 1.01. Entry into a Material Definitive Agreement.

On November 23, 2009, we entered into a further extension, until February 11, 2010, of the Supply Agreement dated as of September 11, 2003 between our wholly-owned subsidiary, Food Innovations, Inc., and Next Day Gourmet, L.P., our primary customer. The extension is designed to give the parties additional time to complete a more comprehensive and expanded agreement to replace the current agreement. No assurance can be given that the negotiations will be successful and that the parties will enter into a new agreement.

Item 9.01. Financial Statements and Exhibits.

Exhibit Amendment dated November 9, 2009 to Supply Agreement dated as of September 11, 2003
10.1

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 30, 2009

By: /s/ Sam Klepfish
Sam Klepfish, CEO

Exhibit Index

Exhibit Amendment dated November 9, 2009 to Supply Agreement dated as of September 11, 2003.
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