

---

**SECURITIES AND EXCHANGE COMMISSION**  
Washington, D.C. 20549

**SCHEDULE 13D**

Under the Securities Exchange Act of 1934

(Amendment No. 13)\*

**INNOVATIVE FOOD HOLDINGS INC**

---

(Name of Issuer)

**Common Stock, \$0.0001 par value per share**

---

(Title of Class of Securities)

**45772H202**

---

(CUSIP Number)

**JAMES C. PAPPAS**  
**JCP INVESTMENT MANAGEMENT, LLC, 1177 West Loop South, Suite 1320**  
**Houston, TX, 77027**  
**713-333-5540**

**RYAN NEBEL**  
**OLSHAN FROME WOLOSKY LLP, 1325 Avenue of the Americas**  
**New York, NY, 10019**  
**212-451-2300**

---

(Name, Address and Telephone Number of Person Authorized to Receive Notices and Communications)

**05/15/2025**

---

(Date of Event Which Requires Filing of This Statement)

If the filing person has previously filed a statement on Schedule 13G to report the acquisition that is the subject of this Schedule 13D, and is filing this schedule because of §§ 240.13d-1(e), 240.13d-1(f) or 240.13d-1(g), check the following box.

The information required on the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934 ("Act") or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act (however, see the Notes).

---

SCHEDULE 13D

CUSIP No. 45772H202

1 Name of reporting person  
 JCP Investment Partnership, LP  
 Check the appropriate box if a member of a Group (See Instructions)

2  (a)  
 (b)

3 SEC use only  
 Source of funds (See Instructions)

4 WC, OO  
 Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e)

5   
 Citizenship or place of organization

6 TEXAS

7 Sole Voting Power  
 0.00

Number of Shares Beneficially Owned by Each Reporting Person With: 8 Shared Voting Power  
 8,290,675.00

9 Sole Dispositive Power  
 0.00

10 Shared Dispositive Power  
 8,290,675.00

11 Aggregate amount beneficially owned by each reporting person  
 8,290,675.00  
 Check if the aggregate amount in Row (11) excludes certain shares (See Instructions)

12   
 Percent of class represented by amount in Row (11)

13 15.1 %

14 Type of Reporting Person (See Instructions)  
 PN

**SCHEDULE 13D**

**CUSIP No.** 45772H202

1 Name of reporting person  
 JCP Investment Partners, LP  
 Check the appropriate box if a member of a Group (See Instructions)

2  (a)  
 (b)

3 SEC use only  
 Source of funds (See Instructions)

4 AF

5 Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e)

Citizenship or place of organization

6 TEXAS

7 Sole Voting Power

Number of Shares Beneficially Owned by Each Reporting Person With:

8 0.00

8 Shared Voting Power

8,290,675.00

9 Sole Dispositive Power

0.00

10 Shared Dispositive Power

8,290,675.00

11 Aggregate amount beneficially owned by each reporting person

8,290,675.00

12 Check if the aggregate amount in Row (11) excludes certain shares (See Instructions)

13 Percent of class represented by amount in Row (11)

15.1 %

14 Type of Reporting Person (See Instructions)

PN

## SCHEDULE 13D

**CUSIP No.** 45772H202

1 Name of reporting person

JCP Investment Holdings, LLC

Check the appropriate box if a member of a Group (See Instructions)

2  (a)

(b)

3 SEC use only

4 Source of funds (See Instructions)

AF

5 Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e)

6 Citizenship or place of organization

TEXAS

Number of Shares Beneficially Owned by Each Reporting Person With:

7 Sole Voting Power

0.00

8 Shared Voting Power

8,290,675.00

9 Sole Dispositive Power

Person With: 0.00  
 Shared Dispositive Power  
 10  
 8,290,675.00  
 Aggregate amount beneficially owned by each reporting person  
 11  
 8,290,675.00  
 Check if the aggregate amount in Row (11) excludes certain shares (See Instructions)  
 12  
  
 Percent of class represented by amount in Row (11)  
 13  
 15.1 %  
 Type of Reporting Person (See Instructions)  
 14  
 OO

## SCHEDULE 13D

**CUSIP No.** 45772H202

1 Name of reporting person  
 JCP Investment Management, LLC  
 Check the appropriate box if a member of a Group (See Instructions)  
 2  
 (a)  
 (b)  
 3 SEC use only  
 Source of funds (See Instructions)  
 4  
 AF, OO  
 Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e)  
 5  
  
 Citizenship or place of organization  
 6  
 TEXAS  
 Sole Voting Power  
 7  
 0.00  
 Number of Shares Beneficially Owned by Each Reporting Person With: 8  
 Shared Voting Power  
 9,909,167.00  
 Sole Dispositive Power  
 9  
 0.00  
 Shared Dispositive Power  
 10  
 9,909,167.00  
 Aggregate amount beneficially owned by each reporting person  
 11  
 9,909,167.00  
 Check if the aggregate amount in Row (11) excludes certain shares (See Instructions)  
 12  
  
 Percent of class represented by amount in Row (11)  
 13

18.1 %  
Type of Reporting Person (See Instructions)

14

OO

## SCHEDULE 13D

**CUSIP No.** 45772H202

Name of reporting person

1

Pappas James C

Check the appropriate box if a member of a Group (See Instructions)

2

(a)

(b)

3

SEC use only

Source of funds (See Instructions)

4

AF

Check if disclosure of legal proceedings is required pursuant to Items 2(d) or 2(e)

5

Citizenship or place of organization

6

UNITED STATES

Sole Voting Power

7

0.00

Number of  
Shares

Shared Voting Power

Beneficially 8

Owned by

9,909,167.00

Each

Sole Dispositive Power

Reporting 9

Person

0.00

With:

Shared Dispositive Power

10

9,909,167.00

Aggregate amount beneficially owned by each reporting person

11

9,909,167.00

Check if the aggregate amount in Row (11) excludes certain shares (See Instructions)

12

Percent of class represented by amount in Row (11)

13

18.1 %

Type of Reporting Person (See Instructions)

14

IN

## SCHEDULE 13D

Item 1. Security and Issuer

(a) Title of Class of Securities:

Common Stock, \$0.0001 par value per share

Name of Issuer:

(b)

INNOVATIVE FOOD HOLDINGS INC

Address of Issuer's Principal Executive Offices:

(c)

2528 S 27TH AVE, BROADVIEW, ILLINOIS , 60155.

**Item 1 Comment:** This filing was triggered due to an increase in the number of outstanding Shares of the Issuer.

**Item 3. Source and Amount of Funds or Other Consideration**

Item 3 is hereby amended and restated to read as follows: The Shares owned by JCP Partnership and held in certain accounts managed by JCP Management (the "JCP Accounts") were purchased with working capital (which may, at any given time, include margin loans made by brokerage firms in the ordinary course of business), except as otherwise noted. Of the 8,290,675 Shares beneficially owned by JCP Partnership, 8,073,051 of such Shares have an aggregate purchase price of approximately \$3,956,566, excluding brokerage commissions, and 217,624 of such Shares were acquired in connection with an in-kind contribution as further explained in Amendment No. 1 to the Schedule 13D. The aggregate purchase price of the 1,618,492 Shares beneficially owned by the JCP Accounts is approximately \$1,733,553, excluding brokerage commissions.

**Item 5. Interest in Securities of the Issuer**

Item 5(a) is hereby amended and restated to read as follows: The aggregate percentage of Shares reported owned by each person named herein is based upon 54,785,684 Shares outstanding as of May 8, 2025, which is the total number of Shares outstanding as reported in the Issuer's Quarterly Report on Form 10-Q filed with the Securities and Exchange Commission on May 15, 2025. As of the date hereof, JCP Partnership directly beneficially owned 8,290,675 Shares, constituting approximately 15.1% of the Shares outstanding. JCP Partners, as the general partner of JCP Partnership, may be deemed the beneficial owner of the 8,290,675 Shares owned by JCP Partnership, constituting approximately 15.1% of the Shares outstanding. JCP Holdings, as the general partner of JCP Partners, may be deemed the beneficial owner of the 8,290,675 Shares owned by JCP Partnership, constituting approximately 15.1% of the Shares outstanding. As of the date hereof, 1,618,492 Shares were held in the JCP Accounts, constituting approximately 3.0% of the Shares outstanding. JCP Management, as the investment manager of JCP Partnership and the JCP Accounts, may be deemed the beneficial owner of the (i) 8,290,675 Shares owned by JCP Partnership and (ii) 1,618,492 Shares held in the JCP Accounts, constituting approximately 18.1% of the Shares outstanding. Mr. Pappas, as the managing member of JCP Management and sole member of JCP Holdings, may be deemed the beneficial owner of the (i) 8,290,675 Shares owned by JCP Partnership and (ii) 1,618,492 Shares held in the JCP Accounts, constituting approximately 18.1% of the Shares outstanding. The filing of this Schedule 13D shall not be deemed an admission that the Reporting Persons are, for purposes of Section 13(d) of the Securities Exchange Act of 1934, as amended, the beneficial owners of any securities of the Issuer he or it does not directly own. Each of the Reporting Persons specifically disclaims beneficial ownership of the securities reported herein that he or it does not directly own.

(a)

Item 5(b) is hereby amended and restated to read as follows: Each of JCP Partnership, JCP Partners, JCP Holdings, JCP Management and Mr. Pappas may be deemed to share the power to vote and dispose of the Shares owned by JCP Partnership. Each of JCP Management and Mr. Pappas may be deemed to share the power to vote and dispose of the Shares held in the JCP Accounts.

(b)

Item 5(c) is hereby amended and restated to read as follows: There have been no transactions in securities of the Issuer by the Reporting Persons during the past sixty days.

(c)

#### SIGNATURE

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

JCP Investment Partnership, LP

Signature: /s/ James C. Pappas

Name/Title: James C. Pappas, Managing Member of JCP Investment Management, LLC, its Investment Manager

Date: 05/16/2025

JCP Investment Partners, LP

Signature: /s/ James C. Pappas

Name/Title: James C. Pappas, Sole Member of JCP Investment Holdings, LLC, its General Partner

Date: 05/16/2025

JCP Investment Holdings, LLC

Signature: /s/ James C. Pappas  
Name/Title: James C. Pappas, Sole Member  
Date: 05/16/2025

JCP Investment Management, LLC

Signature: /s/ James C. Pappas  
Name/Title: James C. Pappas, Managing Member  
Date: 05/16/2025

Pappas James C

Signature: /s/ James C. Pappas  
Name/Title: James C. Pappas  
Date: 05/16/2025