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

**SCHEDULE 13D/A**

Under the Securities Exchange Act of 1934  
(Amendment No. 11)\*

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**INNOVATIVE FOOD HOLDINGS, INC.**

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(Name of Issuer)

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COMMON STOCK

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(Title of Class of Securities)

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45772H202

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(CUSIP Number)

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DENVER J. SMITH  
350 S Race Street  
DENVER, CO 80209  
(405) 830 - 3274

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

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12/31/2021

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(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 remainder of this cover page shall be filled out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter disclosures provided in a prior cover page.

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).

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**SCHEDULE 13D**

<b>CUSIP No.</b>	45772H202	<b>Page 2 of 12 Pages</b>
<b>1</b>	<b>NAME OF REPORTING PERSON</b> I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) Denver J. Smith	
<b>2</b>	<b>CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)</b>	(a) <input checked="" type="checkbox"/> (b) <input type="checkbox"/>
<b>3</b>	<b>SEC USE ONLY</b>	
<b>4</b>	<b>SOURCE OF FUNDS (SEE INSTRUCTIONS)</b> PF	
<b>5</b>	<b>CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)</b> <input type="checkbox"/>	
<b>6</b>	<b>CITIZENSHIP OR PLACE OF ORGANIZATION</b> United States Of America	
<b>NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH</b>	<b>7</b>	<b>SOLE VOTING POWER</b> 674,471 shares
	<b>8</b>	<b>SHARED VOTING POWER</b> 2,036,459 shares
	<b>9</b>	<b>SOLE DISPOSITIVE POWER</b> 674,471 shares
	<b>10</b>	<b>SHARED DISPOSITIVE POWER</b> 2,036,459 shares
<b>11</b>	<b>AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON</b> 2,710,930 shares	
<b>12</b>	<b>CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS)</b> <input type="checkbox"/> (SEE INSTRUCTIONS)	
<b>13</b>	<b>PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)</b> 5.9%	
<b>14</b>	<b>TYPE OF REPORTING PERSON</b> IN	

1	<b>NAME OF REPORTING PERSON</b> I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) <b>CRC Founders Fund, LP</b> 81-2726593
2	<b>CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)</b> <div style="float: right;">                     (a) <input checked="" type="checkbox"/>                      (b) <input type="checkbox"/> </div>
3	<b>SEC USE ONLY</b>
4	<b>SOURCE OF FUNDS (SEE INSTRUCTIONS)</b> WC
5	<b>CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)</b> <input type="checkbox"/>
6	<b>CITIZENSHIP OR PLACE OF ORGANIZATION</b> Delaware
<b>NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH</b>	<b>7 SOLE VOTING POWER</b> 1,185,835 shares
	<b>8 SHARED VOTING POWER</b> 0
	<b>9 SOLE DISPOSITIVE POWER</b> 1,185,835 shares
	<b>10 SHARED DISPOSITIVE POWER</b> 0
11	<b>AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON</b> 1,185,835 shares
12	<b>CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS)</b> <input type="checkbox"/> (SEE INSTRUCTIONS)
13	<b>PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)</b> 2.6%
14	<b>TYPE OF REPORTING PERSON</b> PN

1	<b>NAME OF REPORTING PERSON</b> I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) Donald E. Smith
2	<b>CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)</b> <div style="float: right;">                     (a) <input checked="" type="checkbox"/>                      (b) <input type="checkbox"/> </div>
3	SEC USE ONLY
4	<b>SOURCE OF FUNDS (SEE INSTRUCTIONS)</b> PF
5	<b>CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)</b> <input type="checkbox"/>
6	<b>CITIZENSHIP OR PLACE OF ORGANIZATION</b> United States Of America
<b>NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH</b>	<b>7 SOLE VOTING POWER</b> 26,000
	<b>8 SHARED VOTING POWER</b> 804,804 shares
	<b>9 SOLE DISPOSITIVE POWER</b> 26,000
	<b>10 SHARED DISPOSITIVE POWER</b> 804,804 shares
11	<b>AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON</b> 830,804 shares
12	<b>CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS) (SEE INSTRUCTIONS)</b> <input type="checkbox"/>
13	<b>PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)</b> 1.8%
14	<b>TYPE OF REPORTING PERSON</b> IN

1	<b>NAME OF REPORTING PERSON</b> I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) Richard G. Hill
2	<b>CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)</b> <div style="float: right;">                     (a) <input checked="" type="checkbox"/>                      (b) <input type="checkbox"/> </div>
3	SEC USE ONLY
4	<b>SOURCE OF FUNDS (SEE INSTRUCTIONS)</b> PF
5	<b>CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)</b> <input type="checkbox"/>
6	<b>CITIZENSHIP OR PLACE OF ORGANIZATION</b> United States Of America
<b>NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH</b>	<b>7 SOLE VOTING POWER</b> 19,300 shares
	<b>8 SHARED VOTING POWER</b> 45,820 shares
	<b>9 SOLE DISPOSITIVE POWER</b> 19,300 shares
	<b>10 SHARED DISPOSITIVE POWER</b> 45,820 shares
11	<b>AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON</b> 65,120 shares
12	<b>CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS) (SEE INSTRUCTIONS)</b> <input type="checkbox"/>
13	<b>PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)</b> 0.1%
14	<b>TYPE OF REPORTING PERSON</b> IN

1	<b>NAME OF REPORTING PERSON</b> I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) Samuel N. Jurrens
2	<b>CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)</b> <div style="float: right;">                     (a) <input checked="" type="checkbox"/>                      (b) <input type="checkbox"/> </div>
3	SEC USE ONLY
4	<b>SOURCE OF FUNDS (SEE INSTRUCTIONS)</b> PF
5	<b>CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)</b> <input type="checkbox"/>
6	<b>CITIZENSHIP OR PLACE OF ORGANIZATION</b> United States Of America
<b>NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH</b>	<b>7 SOLE VOTING POWER</b> 44,164 shares
	<b>8 SHARED VOTING POWER</b> 1,185,835 shares
	<b>9 SOLE DISPOSITIVE POWER</b> 44,164 shares
	<b>10 SHARED DISPOSITIVE POWER</b> 1,185,835 shares
11	<b>AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON</b> 1,229,999 shares
12	<b>CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS) (SEE INSTRUCTIONS)</b> <input type="checkbox"/>
13	<b>PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)</b> 2.7%
14	<b>TYPE OF REPORTING PERSON</b> IA, IN

1	<b>NAME OF REPORTING PERSON</b> I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) 73114 Investments, LLC 26-3607132
2	<b>CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)</b> <div style="float: right;">                     (a) <input checked="" type="checkbox"/>                      (b) <input type="checkbox"/> </div>
3	<b>SEC USE ONLY</b>
4	<b>SOURCE OF FUNDS (SEE INSTRUCTIONS)</b> WC
5	<b>CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)</b> <input type="checkbox"/>
6	<b>CITIZENSHIP OR PLACE OF ORGANIZATION</b> Oklahoma
<b>NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH</b>	<b>7 SOLE VOTING POWER</b> 744,804
	<b>8 SHARED VOTING POWER</b> 0
	<b>9 SOLE DISPOSITIVE POWER</b> 744,804
	<b>10 SHARED DISPOSITIVE POWER</b> 0
11	<b>AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON</b> 744,804 shares
12	<b>CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS)</b> <input type="checkbox"/> (SEE INSTRUCTIONS)
13	<b>PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)</b> 1.6%
14	<b>TYPE OF REPORTING PERSON</b> CO

1	<b>NAME OF REPORTING PERSON</b> I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) Youth Properties, LLC 27-2901108
2	<b>CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)</b> <div style="float: right;">                     (a) <input checked="" type="checkbox"/>                      (b) <input type="checkbox"/> </div>
3	SEC USE ONLY
4	<b>SOURCE OF FUNDS (SEE INSTRUCTIONS)</b> WC
5	<b>CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)</b> <input type="checkbox"/>
6	<b>CITIZENSHIP OR PLACE OF ORGANIZATION</b> Oklahoma
<b>NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH</b>	<b>7 SOLE VOTING POWER</b> 60,000 shares
	<b>8 SHARED VOTING POWER</b> 0 shares
	<b>9 SOLE DISPOSITIVE POWER</b> 60,000 shares
	<b>10 SHARED DISPOSITIVE POWER</b> 0 shares
11	<b>AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON</b> 60,000 shares
12	<b>CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS)</b> <input type="checkbox"/> (SEE INSTRUCTIONS)
13	<b>PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)</b> 0.1%
14	<b>TYPE OF REPORTING PERSON</b> CO



1	<b>NAME OF REPORTING PERSON</b> I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) Paratus Capital, LLC 46-0672795
2	<b>CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)</b> <div style="float: right;">                     (a) <input checked="" type="checkbox"/>                      (b) <input type="checkbox"/> </div>
3	SEC USE ONLY
4	<b>SOURCE OF FUNDS (SEE INSTRUCTIONS)</b> WC
5	<b>CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)</b> <input type="checkbox"/>
6	<b>CITIZENSHIP OR PLACE OF ORGANIZATION</b> Oklahoma
<b>NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH</b>	<b>7 SOLE VOTING POWER</b> 45,820 shares
	<b>8 SHARED VOTING POWER</b> 0
	<b>9 SOLE DISPOSITIVE POWER</b> 45,820 shares
	<b>10 SHARED DISPOSITIVE POWER</b> 0 shares
11	<b>AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON</b> 45,820 shares
12	<b>CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS)</b> <input type="checkbox"/> (SEE INSTRUCTIONS)
13	<b>PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11)</b> 0.1%
14	<b>TYPE OF REPORTING PERSON</b> PN

## EXPLANATORY NOTE

This Amendment No. 11 to Schedule 13D (“Amendment No. 11”) amends and supplements the prior statement on Schedule 13D (the “Schedule 13D”) as filed on May 4, 2017, amended on July 19, 2017 (“Amendment No. 2”), further amended on July 27, 2017 (“Amendment No. 3”), further amended on January 2, 2018 (“Amendment No. 4”), further amended on May 24, 2018 (“Amendment No. 5”), further amended on January 8, 2019 (“Amendment No. 6”), further amended on January 10, 2020 (“Amendment No. 7”), further amended on March 25, 2020 (“Amendment No. 8”), further amended on January 11, 2021 (“Amendment No. 9”), and further amended on September 7, 2021 (“Amendment No. 10”). This amendment is being filed by (i) Denver J. Smith, (ii) CRC Founders Fund, LP (iii) Donald E. Smith, (iv) Richard G. Hill, (v) Samuel N. Jurens, (vi) 73114 Investments, LLC, (vii) Youth Properties, LLC, and (viii) Paratus Capital, LLC who are collectively referred to as the “Reporting Persons”, related to shares of common stock of Innovative Food Holdings, Inc., a Florida Corporation (the “Issuer”), whose principal executive offices are located at 26411 Race Track Rd, Bonita Springs, FL 34135. Each item below amends and supplements the information disclosed under the corresponding item of the Schedule 13D, Amendment No. 2, Amendment No. 3, Amendment No. 4, Amendment No. 5, Amendment No. 6, Amendment No. 7, Amendment No. 8, Amendment No. 9, and Amendment No. 10. Except as indicated herein, the information set forth in the Schedule 13D remains unchanged in all material respects. Unless otherwise indicated, all capitalized terms used herein but not defined shall have the same meanings as set forth in the Schedule 13D. This Amendment No. 11 is being filed to update the Reporting Persons beneficial ownership in securities of the Issuer.

Item 1. Security and Issuer.

There are no amendments to Item 1 of the Schedule 13D pursuant to this Amendment No. 11.

Item 2. Identity and Background.

There are no amendments to Item 2 of the Schedule 13D pursuant to this Amendment No. 11.

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

There are no amendments to Item 3 of the Schedule 13D pursuant to this Amendment No. 11.

Item 4. Purpose of Transaction.

There are no amendments to Item 4 of the Schedule 13D pursuant to this Amendment No. 11.

Item 5. Interest in Securities of the Issuer.

*Item 5 of the Schedule 13D is hereby amended to read in its entirety as follows:*

- (a) Please reference pages 2 through 9 of this filing for this information as it pertains to individuals that are part of the filing group. The Reporting Persons, acting collectively as a group, have beneficial ownership of 2,800,394 shares, or 6.1% of the common shares outstanding of the Issuer based on 45,747,397 shares outstanding as provided on page 1 of the Schedule 14A filing made by the issuer on 12/14/2021.
- (b) Please reference pages 2 through 9 of this filing for this information.
- (c) A list of all transactions in shares of the issuer over the past 60 days has been attached to this Amendment No. 11 as Exhibit A.
- (d) Not applicable.
- (e) Not applicable.

Item 6. Contracts, Arrangements, Understandings or Relationships with Respect to Securities of the Issuer.

Not applicable

Item 7. Material to be Filed as Exhibits

The following has been attached: Exhibit A is a list of all transactions in the Issuer’s securities over the last 60 days made by the Reporting persons.

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**Signatures**

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.

Dated: Jan 20, 2022 /s/ Richard G. Hill  
Richard G. Hill

Dated: Jan 20, 2022 /s/ Samuel N. Jurrens  
Samuel N. Jurrens

Dated: Jan 20, 2022 /s/ Donald E. Smith  
Donald E. Smith

Dated: Jan 20, 2022 /s/ Denver J. Smith  
Denver J. Smith

Dated: Jan 20, 2022 Paratus Capital, LLC  
By: /s/ Denver J. Smith  
Name: Denver J. Smith  
Title: Chief Strategy Officer

Dated: Jan 20, 2022 73114 Investments, LLC  
By: /s/ Denver J. Smith  
Name: Denver J. Smith  
Title: Chief Investment Officer

Dated: Jan 20, 2022 Youth Properties, LLC  
By: /s/ Donald E. Smith  
Name: Donald E. Smith  
Title: Chief Executive Officer

Dated: Jan 20, 2022 CRC Founders Fund, LP  
By: /s/ Denver J. Smith  
Name: Denver J. Smith  
Title: Lead Manager

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**Transactions In Shares Of The Issuer Within The Last 60 Days**

<i>Date</i>	<i>Entity</i>	<i>Type of Transaction</i>	<i>Number of Shares</i>	<i>Avg. Price Per Share</i>
12-7-2021	CRC Founders Fund, LP	Open Market Purchase	30,000	\$0.34

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