

**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 23, 2009

Innovative Food Holdings, Inc.

(Exact Name of Registrant as Specified in Its Charter)

Florida

(State or Other Jurisdiction of Incorporation)

0-9376

(Commission File Number)

20-1167761

(IRS Employer Identification No.)

3845 Beck Blvd., Suite 805, Naples, Florida

(Address of Principal Executive Offices)

34114

(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):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
 - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
 - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
 - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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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 10.1 Amendment dated November 9, 2009 to Supply Agreement dated as of September 11, 2003

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 10.1 [Amendment dated November 9, 2009 to Supply Agreement dated as of September 11, 2003.](#)



AMENDMENT TO SUPPLY AGREEMENT

November 9, 2009

Food Innovations, Inc.
3845 Beck Blvd., Suite 805
Naples, FL 34114
Attn: Justin Wiernasz

Dear, Justin:

This letter shall serve as an amendment to the Supply Agreement entered into between Next Day Gourmet, L. P. ("NDG") and Food Innovations, Inc. ("Vendor"), dated as of September 11, 2003, as amended (the "Agreement").

Effective as of November 9, 2009, USF and Vendor hereby agree to extend the contract dates of the Agreement by an additional sixty (60) days. Accordingly, the ending date of the Agreement shall change from December 11, 2009 to February 11, 2010. All other provisions of the Agreement shall remain in effect.

IN WITNESS WHEREOF, the parties acknowledge their agreement to the foregoing by the execution of this Amendment by their respective authorized representatives as of the date first above written.

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NEXT DAY GOURMET, L.P.
By: 
Name: Jeffrey Kent
Title: President

FOOD INNOVATIONS, INC.
By: 
Name: JUSTIN WIERNASZ
Title: PRESIDENT