

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP**

| OMB APPROVAL                                 |           |
|--|-----------|
| OMB Number:                                  | 3235-0287 |
| Estimated average burden hours per response: | 0.5       |

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

|   |   |   |
|---|---|---|
| 1. Name and Address of Reporting Person*<br><u>Bennett Robert William</u><br><br>(Last) (First) (Middle)<br>C/O INNOVATIVE FOOD HOLDINGS, INC.<br>2528 S 27TH AVE<br><br>(Street)<br>BROADVIEW IL 60155<br><br>(City) (State) (Zip) | 2. Issuer Name and Ticker or Trading Symbol<br><u>INNOVATIVE FOOD HOLDINGS INC [IVFH]</u> | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)<br>Director 10% Owner<br>Officer (give title below) <input checked="" type="checkbox"/> Other (specify below)<br><u>Former CEO and Director</u> |
|   | 3. Date of Earliest Transaction (Month/Day/Year)<br>01/06/2026                            |   |
|   | 4. If Amendment, Date of Original Filed (Month/Day/Year)                                  |   |
|   |   | 6. Individual or Joint/Group Filing (Check Applicable Line)<br><input checked="" type="checkbox"/> Form filed by One Reporting Person<br><input type="checkbox"/> Form filed by More than One Reporting Person          |

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) |   | 4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) |            |                       | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|------------|-----------------------|---|--|---|
|                                 |                                      |  | Code                           | V | Amount  | (A) or (D) | Price                 |   |  |   |
| Common Stock                    | 01/06/2026                           |  | S                              |   | 1,500,000 <sup>(1)</sup>  | D          | \$0.3                 | 887,101   | D  |   |
| Common Stock                    | 01/08/2026                           |  | S                              |   | 256,833 <sup>(2)</sup>  | D          | \$0.4 <sup>(3)</sup>  | 630,268   | D  |   |
| Common Stock                    | 01/09/2026                           |  | S                              |   | 59,567 <sup>(2)</sup>   | D          | \$0.39 <sup>(3)</sup> | 570,701   | D  |   |
| Common Stock                    | 01/12/2026                           |  | S                              |   | 40,000 <sup>(2)</sup>   | D          | \$0.41 <sup>(3)</sup> | 530,701   | D  |   |
| Common Stock                    | 01/13/2026                           |  | S                              |   | 70,000 <sup>(2)</sup>   | D          | \$0.43 <sup>(3)</sup> | 460,701   | D  |   |
| Common Stock                    | 01/14/2026                           |  | S                              |   | 3,130 <sup>(2)</sup>  | D          | \$0.43 <sup>(3)</sup> | 457,571   | D  |   |
| Common Stock                    | 01/15/2026                           |  | S                              |   | 28,900 <sup>(2)</sup>   | D          | \$0.46 <sup>(3)</sup> | 428,671   | D  |   |
| Common Stock                    | 01/16/2026                           |  | S                              |   | 22,500 <sup>(2)</sup>   | D          | \$0.43 <sup>(3)</sup> | 406,171   | D  |   |
| Common Stock                    | 01/20/2026                           |  | S                              |   | 2,600 <sup>(2)</sup>  | D          | \$0.43 <sup>(3)</sup> | 403,571   | D  |   |
| Common Stock                    | 01/21/2026                           |  | S                              |   | 26,000 <sup>(2)</sup>   | D          | \$0.43 <sup>(3)</sup> | 377,571   | D  |   |
| Common Stock                    | 01/08/2026                           |  | S                              |   | 20,500 <sup>(2)</sup>   | D          | \$0.38 <sup>(3)</sup> | 84,410  | I  | See Footnote <sup>(4)</sup>                           |
| Common Stock                    | 01/09/2026                           |  | S                              |   | 30,000 <sup>(2)</sup>   | D          | \$0.39 <sup>(3)</sup> | 54,410  | I  | See Footnote <sup>(4)</sup>                           |
| Common Stock                    | 01/13/2026                           |  | S                              |   | 35,000 <sup>(2)</sup>   | D          | \$0.47 <sup>(3)</sup> | 19,410  | I  | See Footnote <sup>(4)</sup>                           |
| Common Stock                    | 01/16/2026                           |  | S                              |   | 19,410 <sup>(2)</sup>   | D          | \$0.43 <sup>(3)</sup> | 0   | I  | See Footnote <sup>(4)</sup>                           |

**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transaction Code (Instr. 8) |   | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | 6. Date Exercisable and Expiration Date (Month/Day/Year) |                 | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) | 8. Price of Derivative Security (Instr. 5) | 9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4) | 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) |
|--|--|--------------------------------------|--|--------------------------------|---|--|--|-----------------|---|--|--|---|--|
|  |  |                                      |  | Code                           | V |  | Date Exercisable   | Expiration Date |   |  |  |   |  |

**Explanation of Responses:**

- In connection with that certain Stock Purchase Agreement, dated as of December 19, 2025, by and among the Reporting Person and several purchasers (collectively as the "Buyers"), the Reporting Person sold an aggregate of 1,500,000 shares of common stock to the Buyers for an aggregate proceed of \$450,000.
- Reflects open market sales of the Issuer's securities.

3. Reflects a weighted average price. The Reporting Person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the range.

4. Owned by spouse. The Reporting Person disclaims beneficial ownership of such shares.

/s/ Robert W. Bennett

01/28/2026

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

\* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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