

INNOVATIVE FOOD HOLDINGS INC  
Form 8-K  
August 18, 2006

**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): August 18, 2006 (**August 14, 2006**)

**Innovative Food holdings, Inc.**  
(Exact name of registrant as specified in its charter)

<b>Florida</b> (State or other jurisdiction of incorporation)	<b>0-9376</b> (Commission File Number)	<b>20-1167761</b> (IRS Employer Identification No.)
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<b>1923 Trade Center Way, Naples, Florida</b> (Address of principal executive offices)	<b>34109</b> (Zip Code)
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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 5.02. Departure of Directors or Principal Officers; Election of Directors; Appointment of Principal Officers**

Effective on August 14, 2006, Chef Joe DiMaggio, Jr., a member of the registrant's board of directors and its chief executive officer, resigned as an officer and director of the registrant and from its wholly-owned subsidiary, Food Innovations, Inc. Chef DiMaggio resigned in order to pursue other business opportunities and not because of a disagreement relating to the registrant's operations, policies or practices.

**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.

Date: August 18, 2006

By: /s/ Sam Klepfish

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Sam Klepfish, Interim President

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