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

SCHEDULE 14A INFORMATION

Proxy Statement Pursuant to Section 14(a) of the
Securities Exchange Act of 1934
(Amendment No.)

Filed by the Registrant

Filed by a party other than the Registrant

Check the appropriate box:

- Preliminary Proxy Statement
- Confidential, for Use of the Commission Only (as permitted by Rule 14a-6(e)(2))**
- Definitive Proxy Statement
- Definitive Additional Materials
- Soliciting Material pursuant to §240.14a-12

Innovative Food Holdings, Inc.

(Name of Registrant as Specified in Its Charter)

(Name of Person(s) Filing Proxy Statement, if other than the Registrant)

Payment of Filing Fee (Check all boxes that apply):

- No fee required.
 - Fee paid previously with preliminary materials.
 - Fee computed on table in exhibit required by Item 25(b) per Exchange Act Rules 14a- 6(i)(1) and 0-11.
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Your **Vote** Counts!

INNOVATIVE FOOD HOLDINGS, INC.

2026 Annual Meeting

Vote by May 18, 2026

11:59 PM ET

INNOVATIVE FOOD HOLDINGS, INC.
PROXY DEPARTMENT
2528 S 27TH AVE
BROADVIEW, IL 60155



V90717-P47553

You invested in **INNOVATIVE FOOD HOLDINGS, INC.** and it's time to vote!

You have the right to vote on proposals being presented at the Annual Meeting. **This is an important notice regarding the availability of proxy materials for the stockholder meeting to be held on May 19, 2026.**

Get informed before you vote

View the Notice and Proxy Statement, Form 10-K and CEO Letter online OR you can receive a free paper or email copy of the material(s) by requesting prior to May 5, 2026. If you would like to request a copy of the material(s) for this and/or future stockholder meetings, you may (1) visit www.ProxyVote.com, (2) call 1-800-579-1639 or (3) send an email to sendmaterial@proxyvote.com. If sending an email, please include your control number (indicated below) in the subject line. Unless requested, you will not otherwise receive a paper or email copy.



For complete information and to vote, visit www.ProxyVote.com

Control #

Smartphone users

Point your camera here and vote without entering a control number



Vote in Person at the Meeting*

May 19, 2026
10:00 AM, Eastern Time

2528 S 27th Ave
Broadview, IL 60155

*Please check the meeting materials for any special requirements for meeting attendance. At the meeting, you will need to request a ballot to vote these shares.

THIS IS NOT A VOTABLE BALLOT

This is an overview of the proposals being presented at the upcoming stockholder meeting. Please follow the instructions on the reverse side to vote these important matters.

Voting Items	Board Recommends
1. To elect five (5) directors to serve for the ensuing year.	
Nominees:	
1a. James C. Pappas	✔ For
1b. Mark Schmulen	✔ For
1c. Denver J. Smith	✔ For
1d. Gary Schubert	✔ For
1e. Loukas D. Kozonis	✔ For
2. To ratify the selection by the Board of Directors of the firm of CBIZ CPAs P.C. as the Company's independent auditors for the current fiscal year.	✔ For
3. To approve, on a non-binding advisory basis, the executive compensation of our named executive officers.	✔ For
4. To transact such other business as may properly come before the meeting or any adjournment thereof.	

Prefer to receive an email instead? While voting on www.ProxyVote.com, be sure to click "Delivery Settings".