FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Washington, D.C. 20549

OMB APPROVAL 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

NDERA	,	4) /	Name and Address of Reporting Person* Gramm Jefferson							2. Issuer Name and Ticker or Trading Symbol INNOVATIVE FOOD HOLDINGS INC [IVFH]								Owner (specify	
AD STRI	(Last) (First) (Middle) C/O BANDERA PARTNERS LLC						3. Date of Earliest Transaction (Month/Day/Year) 07/17/2024								below	er (give title	belov		
50 BROAD STREET, SUITE 1820						4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Indi	l <u>-</u>				
Street) NEW YORK NY 10004															Form filed by More than One Reporting Person				
(City) (State) (Zip)						Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.													
		Table	I - No	n-Deriva	tive S	Secui	rities	Acq	uired,	Dis	posed of	, or l	Bene	eficially	own	ed			
Date				Date	Date		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)				3, 4 and Securi Benefi Owned		ties cially I Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership		
									Code	v	Amount	(A (D) or)	Price	Transa	ction(s)		(Instr. 4)	
Common Stock, par value \$0.0001 per share					024			P		850,000 [©]	2)	A	\$1.2	2 4,335,000		I (1)	By Bandera Master Fund L.P. ⁽¹⁾		
Common Stock, par value \$0.0001 per share 07/17/2					024				P		258,349(2)		A	\$1.2	4,593,349		I (1)	By Bandera Master Fund L.P. ⁽¹⁾	
		Tal	ole II -												Owne	d			
rivative Conversion Date Execu- curity or Exercise (Month/Day/Year) if any		ion Date, Transa Code (l					Expiration Da (Month/Day/1		ate (ear)	Amoun		nstr.	rivative curity	derivative Securities Beneficially Owned Following Reported	Ownersh Form: Direct (D) or Indirect (I) (Instr.	Beneficial Ownership (Instr. 4)			
	Stock, p Stock, p 2. Conversion of Exercise of Derivative.	ecurity (Instruction of Stock, par volume of Conversion of Exercise Price of Derivative	Table ecurity (Instr. 3) Stock, par value \$0.0001 pc Stock, par value \$0.0001 pc Tal 2. Conversion or Exercise Price of Date (Month/Day/Year)	Table I - No ecurity (Instr. 3) Stock, par value \$0.0001 per Table II - Table II - 2. Conversion of Exercise Price of Derivative 3. Transaction (Month/Day/Year) If any (Month) (Month) (Month)	Table I - Non-Deriva ecurity (Instr. 3) Stock, par value \$0.0001 per Table II - Derivati (e.g., pu Conversion or Exercise Price of Derivative 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Deemed Execution Date, if any (Month/Day/Year)	Table I - Non-Derivative Security (Instr. 3) Stock, par value \$0.0001 per Table II - Derivative Security (Month/Day/Year) Table II - Derivative Security (e.g., puts, catherina price of Date (Month/Day/Year) A. 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Date Expiration	Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant satisfy the affirmative defense conditions of Rule 10b5-1(c). See Table I - Non-Derivative Securities Acquired, Disposed of, or Beneful (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction (P) (P) (Instr. 3) 3. Transaction (P) (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 3. Transaction (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Securities Acquired, Disposed of, or Beneful Expiration Date (Month/Day/Year) 4. Securities Acquired (Disposed of, or Beneful Expiration Date (Month/Day/Year) 4. Securities Acquired (Disposed of, or Beneful Expiration Date (Month/Day/Year) 4. Securities Acquired (Disposed of, or Beneful Expiration Date (Month/Day/Year) 4. Securities Acquired (Disposed of, or Beneful Expiration Date (Month/Day/Year) 4. 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Securities Acquired, Disposed of, or Beneficially (e.g., puts, calls, warrants, options, convertible securities) 5. Stock, par value \$0.0001 per 4. Securities Acquired, Disposed of, or Beneficially (e.g., puts, calls, warrants, options, convertible securities) 6. Stock par value \$0.0001 per 6. Stock par value \$0.0001 per 6. Stock par value \$0.0001 per 7. Title and Amount or Number of Securities Acquired per value \$0.0001 per per value \$0.0001 per per value \$0.0001 per per value	Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instraction for satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned that the satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned Securities (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) P 850,000(2) A \$1.2 4,3 Stock, par value \$0.0001 per 07/17/2024 P 258,349(2) A \$1.2 4,5 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Report Transaction (Price of Darbative Securities Acquired, Disposed of, or Beneficially Owned Report Transaction (Instr. Securities Acquired) Stock, par value \$0.0001 per 07/17/2024 P 258,349(2) A \$1.2 4,5 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned Report Transaction (Instr. Securities Acquired) Conversion Date (Month/Day/Year) 3. Transaction Date (Instr. Securities Acquired) Conversion Date (Month/Day/Year) 3. Transaction Date (Instr. Securities Acquired) Conversion Date (Month/Day/Year) 3. Transaction Date (Instr. Securities Acquired) Conversion Date (Instr. Securities Acquired) Conversion Date (Month/Day/Year) 3. Transaction Date (Instr. Securities Acquired) Conversion Date (Instr. Securities Acquired) Conversion Date (Month/Day/Year) 3. Transaction Date (Instr. Securities Acquired) Conversion Date (Instr. Security Date (Instr. Security Date (Instr. Security Date (Instr. Security Date	Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instruction or writt satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned ecurity (Instr. 3) 2a. Transaction Date, (Month/Day/Year) 2A. Deemed Execution Date, if any (Month/Day/Year) 2A. Deemed Code (Instr. 9) 2A. Deemed Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) 2A. Deemed Code (Instr. 9) 2A. Deemed Cod	Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is in satisfy the affirmative defense conditions of Rule 10b5-1(c). See instruction 10. 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Explanation of Responses:

- 1. Securities beneficially owned by Bandera Master Fund L.P. ("Bandera Master Fund"). Mr. Gramm, by virtue of his position as a Managing Member of Bandera Partners LLC, the investment manager of Bandera Master Fund, may be deemed to beneficially own the securities beneficially owned by Bandera Master Fund. Mr. Gramm disclaims beneficial ownership of the securities reported herein except to the extent of his pecuniary interest therein, and this report shall not be deemed to be an admission that Mr. Gramm is the beneficial owner of such securities for purposes of Section 16 or for any other
- 2. On July 17, 2024, Bandera Master Fund entered into separate securities purchase agreements with each of Sam Klepfish and Robert William (Bill) Bennett pursuant to which Bandera Master Fund agreed to purchase certain securities of the Issuer held directly by each of such persons. These transactions are expected to close in the near future.

/s/ Jefferson Gramm

07/19/2024

** 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.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.