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

SCHEDULE 13D/A

Under the Securities Exchange Act of 1934 (Amendment No. 6)*

INNOVATIVE FOOD HOLDINGS, INC.

(Name of Issuer)
COMMON STOCK
(Title of Class of Securities)
45772H202
(CUSIP Number)
DENVER J. SMITH
52 CARLSON DRIVE
MILFORD, CT 06460
(405) 830 - 3274
(Name, Address and Telephone Number of Person
Authorized to Receive Notices and Communications)
12/31/18
(Date of Event which Requires
Filing of this Statement)
If the filing person has previously filed a statement on Schedule 13G to report the acquisition that is the subject of this Schedule 13D, and is filing this schedule because of §§ 240.13d-1(e), 240.13d-1(f) or 240.13d-1(g), check the following box \Box
*The remainder of this cover page shall be filled out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter disclosures provided in a prior cover page.
The information required on the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934 ("Act") or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act (however, see the Notes).

SCHEDULE 13D

CUSI	P No. 45772	2H202			P	age 2 o	f 12 Pages
	NAME OF REPO I.R.S. IDENTIFIC Denver J. Smith			N (ENTITIES ONLY)			
2	CHECK THE AP	PPROPRIATE	BOX IF A MEMB	BER OF A GROUP (SEE I	NSTRUCTIONS)	(a)	\boxtimes
3							
4	SOURCE OF FUNDS (SEE INSTRUCTIONS) PF						
5	CHECK IF DISC	LOSURE OF	LEGAL PROCEE	CDINGS IS REQUIRED P	URSUANT TO ITEMS 2(d) OR 2(e)		
6	CITIZENSHIP OR PLACE OF ORGANIZATION United States Of America						
NUMBER OF		7 F	SOLE VOTING 765,637 shares	G POWER			
	SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH		SHARED VOTI 1,042,488 shares				
			SOLE DISPOSI 765,637 shares	ITIVE POWER			
			SHARED DISP 1,042,488 shares	OSITIVE POWER			
11	AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON 1,808,125 shares						
12	CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS)						
13	PERCENT OF C	LASS REPRE	SENTED BY AMO	OUNT IN ROW (11)			
14	TYPE OF REPO	RTING PERS	ON				

CUSI	P No. 45772H202			Page 3 o	f 12 Pages	
1	NAME OF REPORTING PERSON I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY) CRC Founders Fund, LP 81-2726593					
2	CHECK THE APPROPE	RIATE B	OX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)	(a)	\boxtimes	
3	SEC USE ONLY					
4	SOURCE OF FUNDS (SI WC	EE INST	RUCTIONS)			
5	CHECK IF DISCLOSUR	E OF L	EGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)			
6	CITIZENSHIP OR PLACE OF ORGANIZATION Delaware					
NUMBER OF SHARES BENEFICIALLY		8	SOLE VOTING POWER 191,864 shares SHARED VOTING POWER			
			SOLE DISPOSITIVE POWER 191,864 shares			
	WITH	10	SHARED DISPOSITIVE POWER			
11	AGGREGATE AMOUNT 191,864 shares	Γ BENE	FICIALLY OWNED BY EACH REPORTING PERSON			
12	2 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS)					
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11) 0.6%					
14	TYPE OF REPORTING PN	PERSO	N			

CUSI	P No. 45772H202	Page	4 of 12 Paş	iges	
1	NAME OF REPORTING PI I.R.S. IDENTIFICATION NO Donald E. Smith	ERSON O. OF ABOVE PERSON (ENTITIES ONLY)			
2	CHECK THE APPROPRIA	,	(a) ⊠		
3	SEC USE ONLY				
4	SOURCE OF FUNDS (SEE PF	INSTRUCTIONS)			
5	CHECK IF DISCLOSURE	OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)			
6	CITIZENSHIP OR PLACE OF ORGANIZATION United States Of America				
	NUMBER OF	7 SOLE VOTING POWER 26,000			
	SHARES BENEFICIALLY OWNED BY	8 SHARED VOTING POWER 804,804 shares			
	EACH REPORTING PERSON	9 SOLE DISPOSITIVE POWER 26,000			
	WITH	10 SHARED DISPOSITIVE POWER 804,804 shares			
11	AGGREGATE AMOUNT E 830,804 shares	SENEFICIALLY OWNED BY EACH REPORTING PERSON			
12	CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIONS)				
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11) 2.5%				
14	TYPE OF REPORTING PE IN	RSON			

CUSI	P No. 45772H202	Pa	ge 5 o	f 12 Pages	
1	NAME OF REPORTING P I.R.S. IDENTIFICATION NO Richard G. Hill	ERSON D. OF ABOVE PERSON (ENTITIES ONLY)			
2	CHECK THE APPROPRIA	TE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)	(a)	\boxtimes	
			(b)		
3	SEC USE ONLY				
4	SOURCE OF FUNDS (SEE PF	INSTRUCTIONS)			
5	CHECK IF DISCLOSURE	OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)			
6	6 CITIZENSHIP OR PLACE OF ORGANIZATION United States Of America				
NUMBER OF 39,3 SHARES BENEFICIALLY 8 SHA OWNED BY 45,8 EACH REPORTING 9 SOI		7 SOLE VOTING POWER 39,300 shares			
		8 SHARED VOTING POWER 45,820 shares			
		9 SOLE DISPOSITIVE POWER 39,300 shares			
	WITH	10 SHARED DISPOSITIVE POWER 45,820 shares			
11	AGGREGATE AMOUNT E 85,120 shares	BENEFICIALLY OWNED BY EACH REPORTING PERSON			
12	CHECK BOX IF THE AGO (SEE INSTRUCTIONS)	GREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTION	5)		
13					
14	TYPE OF REPORTING PE IN	ERSON			

CUSI	P No. 45772H202	Pa	ge 6 o	f 12 Pages	
1	NAME OF REPORTING P I.R.S. IDENTIFICATION NO Samuel N. Jurrens	ERSON D. OF ABOVE PERSON (ENTITIES ONLY)			
2	CHECK THE APPROPRIA	ATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)	(a)	\boxtimes	
			(b)		
3	SEC USE ONLY				
4	SOURCE OF FUNDS (SEE PF	INSTRUCTIONS)			
5	CHECK IF DISCLOSURE	OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)			
6	CITIZENSHIP OR PLACE OF ORGANIZATION United States Of America				
	NUMBER OF	7 SOLE VOTING POWER 51,349 shares			
	SHARES BENEFICIALLY OWNED BY	8 SHARED VOTING POWER 191,864 shares			
	EACH REPORTING PERSON	9 SOLE DISPOSITIVE POWER 51,349 shares			
	WITH	10 SHARED DISPOSITIVE POWER 191,864 shares			
11	AGGREGATE AMOUNT F 243,213 shares	BENEFICIALLY OWNED BY EACH REPORTING PERSON			
12	CHECK BOX IF THE AGO (SEE INSTRUCTIONS)	GREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTION	S)		
13					
14	TYPE OF REPORTING PE IA, IN	ERSON			

CUSI	P No. 45772H202			Page 7 o	f 12 Pages		
1	NAME OF REPORTING P I.R.S. IDENTIFICATION NO 73114 Investments, LLC 26-3607132		N ABOVE PERSON (ENTITIES ONLY)				
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS) (a) ☑ (b) □						
3	SEC USE ONLY						
4	SOURCE OF FUNDS (SEE	E INST	RUCTIONS)				
5	CHECK IF DISCLOSURE	OF L	EGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)				
6	CITIZENSHIP OR PLACE Oklahoma	E OF C	PRGANIZATION				
	NUMBER OF	7	SOLE VOTING POWER 744,804				
	OWNED BY EACH	8	SHARED VOTING POWER				
		9	SOLE DISPOSITIVE POWER 744,804				
	WITH	10	SHARED DISPOSITIVE POWER 0				
11	AGGREGATE AMOUNT I 744,804 shares	BENE	FICIALLY OWNED BY EACH REPORTING PERSON				
12	CHECK BOX IF THE AGO (SEE INSTRUCTIONS)	GREG	ATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCTIO	ONS)			
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11) 2.2%						
14	TYPE OF REPORTING PI CO	ERSO	N				

CUSI	P No. 45772H202		Page 8 o	f 12 Pages			
1	NAME OF REPORTING P I.R.S. IDENTIFICATION NO Youth Properties, LLC 27-2901108	ERSON D. OF ABOVE PERSON (ENTITIES ONLY)					
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS)						
3	SEC USE ONLY						
4	SOURCE OF FUNDS (SEE WC	INSTRUCTIONS)					
5	CHECK IF DISCLOSURE	OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)					
6	CITIZENSHIP OR PLACE	OF ORGANIZATION					
	NUMBER OF	7 SOLE VOTING POWER 60,000 shares					
	SHARES BENEFICIALLY OWNED BY	8 SHARED VOTING POWER 0 shares					
	EACH REPORTING PERSON	9 SOLE DISPOSITIVE POWER 60,000 shares					
	WITH	10 SHARED DISPOSITIVE POWER 0 shares					
11	AGGREGATE AMOUNT F 60,000 shares	BENEFICIALLY OWNED BY EACH REPORTING PERSON					
12	CHECK BOX IF THE AGO (SEE INSTRUCTIONS)	GREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (SEE(SEE INSTRUCT	TIONS)				
13	PERCENT OF CLASS REI 0.2%	PRESENTED BY AMOUNT IN ROW (11)					
14	TYPE OF REPORTING PE	ERSON					

CUSI	P No. 45772H202				Page 9 o	f 12 Pages
1	NAME OF REPORTING PI I.R.S. IDENTIFICATION NO Paratus Capital, LLC 46-0672795		PERSON (ENTITIES ONLY)			
2	CHECK THE APPROPRIA	ATE BOX IF A	MEMBER OF A GROUP (SEE IN	NSTRUCTIONS)	(a)	\boxtimes
3						
4	SOURCE OF FUNDS (SEE WC	INSTRUCTI	ONS)			
5	CHECK IF DISCLOSURE	OF LEGAL F	ROCEEDINGS IS REQUIRED PU	JRSUANT TO ITEMS 2(d) OR 2(e)		
6	CITIZENSHIP OR PLACE OF ORGANIZATION Oklahoma					
NUMBER OF SHARES BENEFICIALLY		45,820 s 8 SHARI	OTING POWER nares D VOTING POWER			
			ISPOSITIVE POWER			
	WITH	10 SHARI 0 shares	D DISPOSITIVE POWER			
11	AGGREGATE AMOUNT B 45,820 shares	BENEFICIAL	Y OWNED BY EACH REPORTI	NG PERSON		
12	CHECK BOX IF THE AGG (SEE INSTRUCTIONS)	GREGATE AN	OUNT IN ROW (11) EXCLUDES	CERTAIN SHARES (SEE(SEE INSTRUCTIO	ONS)	
13	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (11) 0.1%					
14	TYPE OF REPORTING PE PN	ERSON				

EXPLANATORY NOTE

This Amendment No. 6 to Schedule 13D ("Amendment No. 6") amends and supplements the prior statement on Schedule 13D (the "Schedule 13D") as filed on May 4, 2017, amended on July 19, 2017 ("Amendment No. 2"), further amended on July 27, 2017 ("Amendment No. 3"), further amended on January 2, 2018 ("Amendment No. 4"), and further amended on May 24, 2018 ("Amendment No. 5"). This amendment is being filed by (i) Denver J. Smith, (ii) CRC Founders Fund, LP (iii) Donald E. Smith, (iv) Richard G. Hill, (v) Samuel N. Jurrens, (vi) 73114 Investments, LLC, (vii) Youth Properties, LLC, and (viii) Paratus Capital, LLC who are collectively referred to as the "Reporting Persons", related to shares of common stock of Innovative Food Holdings, Inc., a Florida Corporation (the "Issuer"), whose principal executive offices are located at 26411 Race Track Rd, Bonita Springs, FL 34135. Each item below amends and supplements the information disclosed under the corresponding item of the Schedule 13D, Amendment No. 2, Amendment No. 3, Amendment No. 4, and Amendment No. 5. Except as indicated herein, the information set forth in the Schedule 13D remains unchanged in all material respects. Unless otherwise indicated, all capitalized terms used herein but not defined shall have the same meanings as set forth in the Schedule 13D.

This Amendment No. 6 is being filed to update the Reporting Persons beneficial ownership in securities of the Issuer.

Item 1. Security and Issuer.

There are no amendments to Item 1 of the Schedule 13D pursuant to this Amendment No. 6.

Item 2. Identity and Background.

There are no amendments to Item 2 of the Schedule 13D pursuant to this Amendment No. 6.

<u>Item 3.</u> <u>Source and Amount of Funds or Other Consideration.</u>

There are no amendments to Item 3 of the Schedule 13D pursuant to this Amendment No. 6.

<u>Item 4.</u> <u>Purpose of Transaction.</u>

There are no amendments to Item 4 of the Schedule 13D pursuant to this Amendment No. 6.

<u>Item 5</u>. <u>Interest in Securities of the Issuer</u>.

Item 5 of the Schedule 13D is hereby amended to read in its entirety as follows:

- (a) Please reference pages 2 through 9 of this filing for this information as it pertains to individuals that are part of the filing group. The Reporting Persons, acting collectively as a group, have beneficial ownership of 1,924,774 shares, or 5.70% of the common shares outstanding of the Issuer based on 33,775,306 shares outstanding as given on the first page of the most recently filed 10-Q.
- (b) Please reference pages 2 through 9 of this filing for this information.
- (c) A list of all transactions in shares of the issuer over the past 60 days has been attached to this Amendment No. 6 as Exhibit A.
- (d) Not applicable.
- (e) Not applicable.

<u>Item 6.</u> <u>Contracts, Arrangements, Understandings or Relationships with Respect to Securities of the Issuer.</u>

Not applicable

<u>Item 7.</u> <u>Material to be Filed as Exhibits.</u>

The following has been attached: Exhibit A is a list of all transactions in the Issuer's securities over the last 60 days made by the Reporting persons.

Signatures

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

Dated: Jan 3, 2019	/s/ Richard G. Hill Richard G. Hill
Dated: Jan 3, 2019	/s/ Samuel N. Jurrens Samuel N. Jurrens
Dated: Jan 3, 2019	/s/ Donald E. Smith Donald E. Smith
Dated: Jan 3, 2019	/s/ Denver J. Smith Denver J. Smith
Dated: Jan 3, 2019	Paratus Capital, LLC By: /s/ Denver J. Smith Name: Denver J. Smith Title: Chief Strategy Officer
Dated: Jan 3, 2019	73114 Investments, LLC By: /s/ Denver J. Smith Name: Denver J. Smith Title: Chief Investment Officer
Dated: Jan 3, 2019	Youth Properties, LLC By: /s/ Donald E. Smith Name: Donald E. Smith Title: Chief Executive Officer
Dated: Jan 3, 2019	CRC Founders Fund, LP By: /s/ Denver J. Smith Name: Denver J. Smith Title: Lead Manager

Transactions In Shares Of The Issuer Within The Last 60 Days

Group Member	Action	Date	Quantity	Avg. Price Per Share
Denver J. Smith	Open Market Sale	11/21/18	7,042	\$0.50