

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): March 13, 2006 (**March 8, 2006**)

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

Florida
(State or other jurisdiction
of incorporation)

0-9376
(Commission
File Number)

20-1167761
(IRS Employer
Identification No.)

1923 Trade Center Way, Naples, Florida
(Address of principal executive offices)

34109
(Zip Code)

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

- (b) On March 10, 2006, the registrant issued a press release announcing that as of Wednesday, March 8, its president, Jonathan Steckler, was no longer employed by the registrant. The registrant also announced that Mr. Sam Klepfish, a director, will have the title Interim President.
- (c) Mr. Klepfish currently serves as a Managing Partner at ISG Capital, where he focuses on corporate finance advisory and on evaluating investments for the KV Asset Management Group. He is also a Vice President at Freidland Capital, a corporate finance advisory firm for public companies. From May 2004 through February 2005 Mr. Klepfish served as a Managing Director of Technoprises, Ltd. From January 2001 to May 2004 he was a corporate finance analyst and consultant at Phillips Nizer, a New York law firm. Since January 2001 Mr. Klepfish has been a member of the steering committee of Tri-State Ventures, a New York investment group. From 1998 to December 2000, Mr. Klepfish was an asset manager for several investors in small-cap entities. Mr. Klepfish also serves as a Director at KV Asset Management group. Mr. Klepfish has no familial relationship with any of the registrant's directors or executive officers. During the past two years, Mr. Klepfish was not involved in any transaction with the registrant.

ITEM 9.01 Financial Statements and Exhibits

- (d) Exhibits

<u>Exhibit</u>	<u>Description</u>
99.1	March 10, 2006 Press Release

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.

Dated: March 13, 2006

By: /s/ Joe DiMaggio, Jr.

Joe DiMaggio, Jr. CEO

Exhibit Index

<u>Exhibit</u>	<u>Description</u>
99.1	March 10, 2006 Press Release

Innovative Food Holdings, Inc. Announces Management Changes

Naples, Florida - March 10, 2006 - Innovative Food Holdings, Inc. (PK: IVFH) announces that as of Wednesday, March 8, its president, Jonathan Steckler, was no longer employed by the company. His position will be filled on an interim basis by Sam Klepfish, a member of the Board of Directors, who will have the title Interim President. Mr. Klepfish joined the Board in December 2005 and has a background in corporate finance.

Chef Joe DiMaggio, Jr., CEO of IVFH said "While I am saddened to see Jonathan's departure, I believe the company is fortunate that Sam has agreed to become more involved with the Company on a day-to-day basis."

Innovative Food holdings, Inc. is the parent of Food Innovations, Inc., a distributor of fine perishables and specialty food products to the restaurant industry through overnight shipping channels.

For information about the company and its subsidiary, please visit www.foodinno.com.

This release contains certain forward-looking statements and information relating to IVFH that are based on the beliefs of IVFH's management, as well as assumptions made by and information currently available to the Company. Such statements reflect the current views of the Company with respect to future events including estimates and projections about IVFH's business based on certain assumptions of IVFH's management, including those described in this Release. These statements are not guarantees of future performance and involve risk and uncertainties that are difficult to predict, including changes in demand for the Company's services and products, changes in the regulatory environment affecting the Company's business and changing price and market conditions. Should one or more of these underlying assumptions prove incorrect, actual results may vary materially from those described herein as anticipated, believed, estimated or expected. The Company does not intend to update these forward-looking statements.