



## Innovative Food Holdings to Present at the Virtual Microcap Leadership Summit

September 24, 2020

BONITA SPRINGS, Fla., Sept. 21, 2020 (GLOBE NEWSWIRE) -- Innovative Food Holdings, Inc. (OTCQB: IVFH) ("IVFH" or "the Company"), a direct-to-chef and a direct-to-consumer platform that provides high-quality, unique specialty foods through e-commerce offerings and multichannel partnerships, today announced it has been selected to present at the fifth annual MicroCap Leadership Summit on Friday, September 25, 2020. The MicroCap Leadership Summit is a virtual event hosted by MicroCapClub.

The Innovative Food Holdings presentation will be made by CEO Sam Klepfish. The MicroCap Leadership Summit utilizes a small group format whereby the Company will present to approximately 50 retail and institutional microcap investors throughout the day.

For more information about the MicroCap Leadership Summit, please visit <http://microcapclub.com/summit/>

### **About Innovative Food Holdings, Inc.**

Innovative Food Holdings, Inc. is a direct-to-chef and a direct-to-consumer platform providing over 7,000 of the highest quality, unique specialty food products directly to chefs and direct to consumers nationwide, through e-commerce offerings and multichannel partnerships. Our direct-to-consumer offerings includes [www.igourmet.com](http://www.igourmet.com) and [www.mouth.com](http://www.mouth.com).

Additional information is available at [www.ivfh.com](http://www.ivfh.com).

### **About MicroCapClub**

MicroCapClub is an exclusive forum for experienced microcap investors focused on microcap companies (sub \$300m market cap) trading on United States, Canadian, European, and Australian equity marketplaces. MicroCapClub was created to be a platform for experienced microcap investors to share and discuss stock ideas. Investors can join our community by applying to become a member or subscribing to gain instant view only access. MicroCapClub's mission is to foster the highest quality microcap investor Community, produce Educational content for investors, and promote better Leadership in the microcap arena. For more information, visit <http://microcapclub.com>

### **Forward-Looking Statements**

This release contains certain forward-looking statements and information relating to Innovative Food Holdings, Inc. (the "Company") that are based on the current beliefs of the Company'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 and are subject to certain assumptions, including those described in this release. Should one or more of these underlying assumptions prove incorrect, actual results may vary materially from those described herein as "should," "could," "will," "anticipate," "believe," "intend," "plan," "might," "potentially" "targeting" or "expect." Additional factors that could also cause actual results to differ materially relate to the global COVID-19 crisis. The Company does not intend to update these forward-looking statements. The content of the websites referenced above are not incorporated herein.

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