United Natural Foods to Release Fiscal 2003 First Quarter Results on December 4, 2002

November 15, 2002

Webcast Annual Stockholders Meeting on December 3, 2002

DAYVILLE, Conn., Nov. 15 /PRNewswire-FirstCall/ -- United Natural Foods, Inc. (Nasdaq: UNFI) today announced that it intends to release its financial results for the first quarter ended October 31, 2002 before the market opens on Wednesday, December 4, 2002. Management will conduct a conference call and audio webcast at 11:00 a.m. Eastern on December 4, 2002 to review the Company's quarterly results, market trends and future outlook.

The conference call dial-in number is 703-871-3599. The audio webcast will be available to the public, on a listen-only basis, at the Investor Relations section of the Company's website at http://www.unfi.com . Please allow extra time prior to the call to visit the site and download the necessary software to listen to the Internet broadcast. The online archive of the webcast will be available for 30 days.

Annual Meeting of Stockholders

United Natural Foods will host its Annual Meeting of Stockholders on Tuesday, December 3, 2002 at their offices at 12745 Earhart Avenue, Auburn, CA 95602. The Company plans to begin the meeting at 8:00 a.m. Pacific (11:00 am Eastern). Stockholders can access a live webcast of the annual meeting via the Investor Relations section of the Company's website at http://www.unfi.com. The webcast is open to all interested parties, including press and individual investors. United Natural Foods will replay the webcast on their website through January 3, 2003.

About United Natural Foods

United Natural Foods, Inc. carries and distributes over 30,000 products to more than 10,000 customers nationwide. The Company serves a wide variety of retail formats including conventional supermarket chains, natural product superstores and independent retail operators.

For more information on United Natural Foods, Inc., visit the Company's web-site at www.unfi.com .

"Safe Harbor" Statement under the Private Securities Litigation Reform Act of 1995: Statements in this press release regarding United Natural's business which are not historical facts are "forward-looking statements" that involve risks and uncertainties. For a discussion of such risks and uncertainties, which could cause actual results to differ from those contained in the forward-looking statements, including but not limited to general business conditions, the impact of competition and our dependence on principal customers, see "Risk Factors" in the Company's quarterly report on Form 10-Q filed with the Commission on June 13, 2002, and its other filings under the Securities Exchange Act of 1934, as amended. Any forward-looking statements are made pursuant to the Private Securities Litigation Reform Act of 1995 and, as such, speak only as of the date made. United Natural is not undertaking to update any information in the foregoing reports until the effective date of its future reports required by applicable laws.

SOURCE United Natural Foods, Inc.

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