United Natural Foods to Release Fiscal 2005 First Quarter Results on November 30, 2004

November 11, 2004

Webcast Annual Meeting of Stockholders on December 1, 2004

DAYVILLE, Conn., Nov. 11 /PRNewswire-FirstCall/ -- United Natural Foods, Inc. (Nasdaq: UNFI), today announced that it intends to release its financial results for the first quarter of fiscal 2005, ended October 31, 2004, before the market opens on Tuesday, November 30, 2004. Management will conduct a conference call and audio webcast at 11:00 a.m. ET on November 30, 2004 to review the Company's quarterly results, market trends and future outlook.

The conference call dial-in number is 303-262-2130. An audio webcast of the conference call will be available to the public, on a listen-only basis, via the Internet at http://www.fulldisclosure.com or 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 intends to host its Annual Meeting of Stockholders on Wednesday, December 1, 2004 at 11:00 a.m. ET at their corporate offices located at 260 Lake Road, Dayville, CT 06241. The conference call dial-in number is 303-262-2030. The Company is offering a live webcast of the annual meeting at the Investor Relations section of its website at http://www.unfi.com.

About United Natural Foods

The Company carries and distributes over 35,000 products to more than 18,000 customers nationwide. The Company serves a wide variety of retail formats including conventional supermarket chains, natural product superstores and independent retail operators.

"Safe Harbor" Statement under the Private Securities Litigation Reform Act of 1995: Statements in this press release regarding the Company's business that 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-K filed with the Commission on October 14, 2004, 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. The Company is not undertaking to update any information in the foregoing reports until the effective date of its future reports required by applicable laws. Any projections of future results of operations should not be construed in any manner as a guarantee that such results will in fact occur. These projections are subject to change and could differ materially from final reported results. The Company may from time to time update these publicly announced projections, but it is not obligated to do so.

SOURCE United Natural Foods, Inc. -0- 11/11/2004 /CONTACT: Rick D. Puckett, Vice President, CFO and Treasurer of United Natural Foods, +1-860-779-2800; or General Information, Joseph Calabrese of Financial Relations Board, +1-212-827-3772 for United Natural Foods/ /Web site: http://www.fulldisclosure.com http://www.unfi.com / (UNFI)