



United Natural Foods To Release Fiscal 2010 First Quarter Results On December 10, 2009

November 19, 2009

PROVIDENCE, R.I., Nov 19, 2009 /PRNewswire-FirstCall via COMTEX/ -- United Natural Foods, Inc., (the "Company") (Nasdaq: UNFI) announced today that it intends to release its financial results for the first quarter of fiscal 2010, ended October 31, 2009, before the market opens on Thursday, December 10, 2009. Management will conduct a conference call and audio webcast at 10:00 a.m. ET on December 10, 2009 to review the Company's quarterly results, market trends and future outlook.

The conference call dial-in number is 480-629-9771. An audio webcast of the conference call will be available to the public, on a listen-only basis, via the internet at www.earnings.com or at the Investor Relations section of the Company's website at 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.

About United Natural Foods

United Natural Foods, Inc. (www.unfi.com) carries and distributes more than 60,000 products to more than 17,000 customer locations nationwide. The Company serves a wide variety of retail formats including conventional supermarket chains, natural product superstores, independent retail operators and the food service channel. United Natural Foods, Inc. was ranked by Forbes in 2005 as one of the "Best Managed Companies in America," ranked by Fortune in 2006 and 2007 as one of its "Most Admired Companies," ranked by Business Ethics as one of its "100 Best Corporate Citizens for 2006" and winner of the Supermarket News 2008 Sustainability Excellence Award.

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

"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 its annual report on Form 10-K filed with the Securities and Exchange Commission on September 30, 2009, 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.

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<http://www.unfi.com>