



## Q1 Financial Result due on 12/6/2000

November 21, 2000

### COMPANY SETS DECEMBER 6, 2000 ANNUAL MEETING DATE

Dayville, Connecticut – November 21, 2000 -- United Natural Foods, Inc. (Nasdaq: UNFI) today announced that it intends to release its financial results for the first quarter ended October 31, 2000 before the market opens on Tuesday, December 5, 2000. Management will conduct a conference call and audio webcast at 11:00 a.m. EST on December 5, 2000 to review the Company's quarterly results, market trends and future outlook.

The conference call dial-in number is 703-871-3025. The audio webcast will be available to the public, on a listen-only basis, via the Internet at [www.vcall.com](http://www.vcall.com) or at [www.streetevents.com](http://www.streetevents.com). Please allow extra time prior to the webcast to visit the site and download the streaming media software required to listen to the Internet broadcast. The online archive of the webcast will be available for 30 days.

The Company also announced that its Annual Meeting of Shareholders will be held on Wednesday, December 6, 2000 at 10:00 a.m. PST at the Hyatt Regency Sacramento at Capitol Park, 1209 L Street, Sacramento, CA 95814. The record date for shareholders of record to vote at the Annual Meetings was October 18, 2000. A formal meeting notice, agenda and proxy card were mailed along with United Natural Foods' proxy statement and annual report on November 6, 2000.

United Natural Foods, Inc. carries over 30,000 products to more than 7,000 customers in 50 states. 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., via fax at no charge, please dial 1-800-PRO-INFO and enter the Company's ticker symbol, UNFI. Or, visit the Company's web-site at [www.unfi.com](http://www.unfi.com).**

#### AT THE COMPANY: AT THE FINANCIAL RELATIONS BOARD:

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Thomas Simone	Joseph Calabrese	Vanessa Schwartz
Chairman of the Board	General Information	Analyst Information
(707) 537-9872	(212) 445-8434	(212) 445-8433

This press release contains forward-looking statements relating to the operations of the Company and such statements involve a number of risks and uncertainties. Actual results may differ materially from those projected in the forward-looking statements. Additional information concerning factors that could cause actual results to materially differ from those in the forward-looking statements is contained in the Company's SEC filings, including its periodic reports filed under the Securities Exchange Act of 1934, as amended (copies of which are available upon request from the Company's investor relations department).