



Norman Cloutier resigns from Board of Directors

January 5, 2000

Dayville, Connecticut -- January 5, 2000 -- United Natural Foods (Nasdaq: UNFI) announced today that Norman A. Cloutier has resigned as a member of the Board of Directors effective January 4, 2000.

The Company currently has no plans to fill the vacancy. There are now six Board members.

United Natural Foods, Inc. distributes over 26,000 products to more than 6,500 customers in 47 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.

AT THE COMPANY: AT THE FINANCIAL RELATIONS BOARD:

Thomas Simone	Joseph Calabrese	Vanessa Schwartz
Chairman of the Board	General Information	Analyst Information
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