



## **United Natural Foods to Present at the RBC Capital Markets Consumer Conference on October 5, 2004**

September 30, 2004

DAYVILLE, Conn., Sept. 30 /PRNewswire-FirstCall/ -- United Natural Foods, Inc. (Nasdaq: UNFI) (the "Company") announced today Steven Townsend, Chairman and Chief Executive Officer, will make a presentation regarding the Company on October 5, 2004 at the 2004 RBC Capital Markets Consumer Conference. The investor presentation is scheduled at 10:00 a.m. ET on Tuesday, October 5, 2004 and will be available to interested parties via a live audio webcast. A link to the webcast can be found at the investor section of the Company's website, <http://www.unfi.com>, or at <http://www.wallstreetwebcasting.com/webcast/dr25/unfi>. A replay of the presentation will be archived for 30 days.

### 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-Q filed with the Commission on June 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- 09/30/2004 /CONTACT: Rick D. Puckett, Vice President, CFO and Treasurer of United Natural Foods, +1-860-779-2800; General Information: Joseph Calabrese of Financial Relations Board, +1-212-445-8434, for United Natural Foods, Inc. / Web site: <http://www.unfi.com> <http://www.wallstreetwebcasting.com/webcast/dr25/unfi> / (UNFI)