



United Natural Foods, Inc. Announces New Eastern Region President

January 10, 2006

Appointment Part of Strategic Initiative to Enhance Management Depth and
Capitalize on Growth Opportunities

DAYVILLE, Conn., Jan. 10 /PRNewswire-FirstCall/ -- United Natural Foods, Inc. (Nasdaq: UNFI) (the "Company") today announced that Michael D. Beaudry, currently Vice President of Distribution, has been appointed President of the Eastern Region effective immediately. In this new role, Mr. Beaudry will report directly to Richard Antonelli, Executive Vice President and Chief Operating Officer of United Natural Foods, and will oversee the day-to-day operations and customer support for the Company's Eastern Region.

Mr. Beaudry, age 41, joined United Natural Foods in 1999 and has served as the Company's Vice President of Distribution since August 2003. Previously he served as the Company's Vice President of Operations, Eastern Region, from December 2002 to August 2003, as Director of Operations, Eastern Region, from December 2001 to December 2002, and as the Company's Warehouse and Operations Manager of the Dayville CT facility from December 1999 to December 2001. Prior to joining the Company, Mr. Beaudry worked for Target Corp., Exchange Novelty, and Clo-Shure Inc., where he held various senior level operational management positions.

"Michael has been integral for our growth and we believe this a natural transition given his extensive operating experience, leadership skills and in-depth knowledge of our operations and customer base," Richard Antonelli, EVP COO, commented. "Additionally, this new assignment strengthens the breadth and depth of our management team and helps ensure that we have the resources in place to continue to capitalize on growth opportunities in the rapidly growing natural products market."

About United Natural Foods

United Natural Foods, Inc. carries and distributes more than 40,000 products to more than 20,000 customers 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.

For more information on United Natural Foods, Inc., visit the Company's website at <http://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 the Company's quarterly report on Form 10-Q filed with the Commission on December 7, 2005, 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.

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