

SECURITIES AND EXCHANGE COMMISSION
Washington, D. C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): October 1, 2004

GALAXY NUTRITIONAL FOODS, INC.
(Exact Name of Registrant as Specified in Charter)

Delaware
(State or other jurisdiction
of incorporation)

0-16251
(Commission File Number)

25-1391475
(IRS Employer
Identification No.)

2441 Viscount Row
Orlando, Florida
(Address of principal executive offices)

32809
(Zip Code)

Registrant's telephone number, including area code: (407) 855-5500

(Former name or former address, if changed since last report.)

Section 5 Corporate Governance and Management

Item 5.02 Departure of Directors or Principal Officers; Election of Directors; Appointment of Principal Officers

Effective October 1, 2004, Galaxy Nutritional Foods, Inc. appointed Joanne R. Bethlahmy to its Board of Directors. Ms. Bethlahmy will also serve as the third independent director on the on the Audit Committee.

Ms. Bethlahmy is the Managing Partner of Illuminate Consulting, Inc., a management consulting firm specializing in market strategy for consumer-oriented industries. Most recently, she worked with Chef Solutions Inc., a subsidiary of LSG Lufthansa, a business specializing in providing convenient baked foods and prepared meals to food service and retail. Ms. Bethlahmy's 20 years of experience in strategy development, general management and marketing includes major executive assignments with Accenture, Maybelline, the Quaker Oats Company and Frito-Lay.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, as amended, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

GALAXY NUTRITIONAL FOODS, INC.

October 5, 2004

By: /s/ Salvatore Furnari

Name: Salvatore Furnari

Title: Chief Financial Officer