



For Immediate Release

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**GALAXY NUTRITIONAL FOODS SCHEDULES EARNINGS
CONFERENCE CALL FOR TUESDAY, NOVEMBER 15, 2005**

ORLANDO, Florida (November 8, 2005) - Galaxy Nutritional Foods (AMEX: GXY), a leading producer of nutritious plant-based dairy alternatives for the retail and foodservice markets, today announced that executives will host an investor conference call to discuss operating results for the second quarter ended September 30, 2005. The Company plans to report its second quarter operating results after market close on Monday, November 14, 2005. The Company will host an investor conference call on Tuesday, November 15, 2005 at 11:00 a.m. Eastern time.

Shareholders and other interested parties may participate in the conference call by dialing 800-322-0079 (international/local participants dial 973-409-9258) and referencing the ID code 6689896, a few minutes before 11:00 am EST on November 15, 2005. The call will also be broadcast live on the Internet at <http://phx.corporate-ir.net/playerlink.zhtml?c=102653&s=wm&e=1160211>. The call will be archived on the Internet through February 13, 2006 at <http://phx.corporate-ir.net/playerlink.zhtml?c=102653&s=wm&e=1160211>.

About Galaxy Nutritional Foods, Inc.

Galaxy Nutritional Foods® is the leading producer of health-promoting plant-based dairy and dairy-related alternatives for the retail and foodservice markets. An exclusive, new and technologically advanced, safer “hot process” is used to produce these phytonutrient-enriched products, made from nature’s best grains – soy, rice and oats. Veggie products are low fat and fat free (saturated fat and trans-fatty acid free), cholesterol and lactose free, are growth hormone and antibiotic free, and have more calcium, vitamins and other minerals than conventional dairy products. Because they are made with plant proteins, the products are more environmentally friendly and economically efficient than dairy products derived solely from animal proteins. Galaxy’s products are part of the healthy and natural foods category, the fastest growing segment of the retail food market. Galaxy brand names include: Galaxy Nutritional Foods®; Veggie®; Veggie Nature's Alternative™; Veggie Slices®; Soyco®; Soyimage®; Wholesome Valley®; Lite Bakery®; and Galaxy Nutritional Foods Smart Choice Cheese Products®. For more information, please visit Galaxy's website at: www.galaxyfoods.com.