

**P R E S S R E L E A S E**

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GALAXY FOODS TO JOINTLY DEVELOP VEGGIE CAFÉ(™) OUTLETS WITH GENERAL NUTRITION CENTERS (GNC)

ORLANDO, Florida (November 16, 2000) - Galaxy Foods Company (AMEX: GXY), a leading producer of delicious and nutritious, health-promoting dairy and dairy related alternatives for the retail, foodservice and industrial markets, today announced that GNC (General Nutrition Center) has agreed to jointly develop prototype Veggie Café (™) units with Galaxy Foods over the coming year.

With more than 4,000 company and franchised stores in all 50 states and over 20 foreign countries, GNC is the world's largest company solely devoted to vitamins and nutritional supplements. The Veggie Café (™) will serve a full line of healthy offerings such as pizza, wraps, and beverages created from Galaxy's plant protein-based products and ingredients. The Cafés will initially be combined with small footprint GNC units (top-selling items), and the target market will be college and university food courts, student unions and other campus sites.

Angelo Morini, Galaxy's Chairman, CEO and President, commented, "Galaxy is constantly evaluating innovative ways to expand awareness of our nutritional Veggie products, and strategic foodservice partnerships represent an excellent opportunity for our Company. General Nutrition Center is a strong, well-respected global brand, and we are pleased to be partnering with them on this exciting new venture."

About Galaxy Foods Company

Galaxy Foods Company is a leading producer of health-promoting dairy and dairy related alternatives for the retail, foodservice and industrial markets. The Company's plant-based products are low or no fat (no saturated fat), have no cholesterol and no lactose and contain more vitamins and minerals than conventional dairy products. Galaxy products, available at health food stores and grocers, are part of the nutritional or functional food category, the fastest growing segment of the retail food market. Galaxy brand names include Veggie Milk(™), Veggie Slices(™), formägg(r), Soyco(r), Soymage(r), Wholesome Valley(™), and Lite Bakery(r). For more information, please visit the Company's web site at www.galaxyfoods.com.

This press release contains "forward-looking" statements within the meaning of the Private Securities Litigation Reform Act of 1995. Such forward-looking statements involve known and unknown risks, uncertainties, or other factors which may cause actual results, performance or achievements of the company to be materially different from any future results, performance or achievements expressed or implied by such forward-looking statements. Readers are cautioned not to place undue reliance on those forward-looking statements which speak only as of the date hereof. The company undertakes no obligation to release publicly any revisions to these forward-looking statements to reflect events or circumstances after the date hereof or to reflect unanticipated events or developments.