

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

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GALAXY NUTRITIONAL FOODS HIRES FORMER TROPICANA MARKETING EXEC

ORLANDO, Florida (October 3, 2001) - Galaxy Nutritional Foods (AMEX: GXY), a leading producer of nutritious plant-based dairy alternatives for the retail and foodservice markets, today announced the hiring of Christopher J. New, former Vice President Commercial Strategies and Services for Tropicana® Products of North America and Latin America. Mr. New will serve as the Company's Chief Marketing Officer and Vice President of Strategy.

In his fifteen-year plus career, Mr. New has held various Sr. Marketing and Management positions since earning his Masters in Marketing and Economics from Cornell University in 1986. For the past three years, his responsibilities with Tropicana included directing and leading strategic planning, marketing, business development, sales planning, e-commerce, customer service, category management and customer insights. Mr. New joined Tropicana in 1993 after serving for four years as Sr. Marketing Manager of Mott's USA, a division of Cadbury Schweppes where he was responsible for the marketing of the company's flagship business.

Angelo S. Morini, Galaxy's Chairman and President, stated, "Galaxy is extremely fortunate to have someone of Chris News' caliber join our team. We are thrilled that he is excited about our products, our direction, and our future and that he understands the vast opportunities that lie ahead for Galaxy. Chris gives us the experience of a seasoned, performance-driven marketing executive which is quite timely for us, as well as strategic and progressive marketing and sales insights. I have no doubt he will make a significant difference in our growth and have a very positive impact in the marketplace."

Of his new position, Chris New stated, "It's exciting to be part of the team and be competing in the functional foods business because it has tremendous consumer interest and future growth potential. I'm looking forward to further mapping out an accelerated growth strategy and toward engineering a premium brand model for Galaxy. The premium brand model begins with superior quality, leads to superior market position & experience, and results in superior pricing and margins, thus allowing for reinvestment in the business and achieving stronger shareholder value. Galaxy has the right product portfolio, R&D technology, and capital infrastructure to deploy and support this "go to market" strategy. Following this model, Galaxy can both unlock and fuel their true growth potential".

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. These phytonutrient- enriched products, made from

nature's best grains - soy, rice and oats - are low and no fat (no saturated fat and no trans-fatty acids), have no cholesterol, no lactose, are growth hormone and antibiotic free and have more calcium, vitamins and minerals than conventional dairy products. Because they are made with plant proteins, they are more environmentally friendly and economically efficient than dairy products derived solely from animal proteins. Galaxy's products are part of the nutritional or functional foods category, the fastest growing segment of the retail food market. Galaxy brand names include: Veggie™, Nature's Alternative, Galaxy™, Soyco™, Soymage™, Wholesome Valley™, formägg®, Lite Bakery®, Veggie Café™ and Veggie Lite Bakery™. For more information, please visit Galaxy's website 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.