

**P R E S S   R E L E A S E**

Press Page

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**November 13, 2001**  
**Orlando, FL**

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**Contact**

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**GALAXY NUTRITIONAL FOODS**  
**TO HOST 2ND QUARTER CONFERENCE CALL & WEB-CAST**  
**THURSDAY, NOVEMBER 15 AT 10:00 A.M.**

**ORLANDO, Florida (November 13, 2001)** - Management of Galaxy Nutritional Foods (AMEX: GXY), a leading producer of nutritious plant-based dairy alternatives for the retail and foodservice markets, will conduct a teleconference and web-cast on Thursday, November 15 at 10:00 a.m. to discuss its second quarter results, its short and long-term plans and to answer any questions callers may have within a sixty minute time-frame. All shareholders and interested parties are invited to call toll free in the United States 1-888-209-1261. All international callers should dial: 1-706-679-5328.

The call will be simultaneously web-cast at the following Event Page URL:

<http://www.videonews.com/event.asp?id=2191>. Individuals that do not have time available or access to call in or listen on the internet will be able to get a digitally recorded version by calling Galaxy Nutritional Foods at (407) 854-0433. Transcripts may also be available via our website: [www.galaxyfoods.com](http://www.galaxyfoods.com).

**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](http://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.