



**For Immediate Release:**  
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**GALAXY NUTRITIONAL FOODS SCHEDULES SECOND QUARTER  
CONFERENCE CALL FOR MONDAY, NOVEMBER 15, 2004**

ORLANDO, Florida (November 9, 2004) - Galaxy Nutritional Foods (Amex: GXY), a leading producer of nutritious plant-based dairy alternatives for the retail and foodservice markets, today announced that executives are hosting an investor conference call to discuss operating results for the second quarter of FY2005, which ended September 30, 2004. The Company plans to report its second quarter earnings on **Monday morning, November 15, 2004** and will host an investor conference call **at 4:00 p.m.** Eastern time the same day.

Shareholders and other interested parties may participate in the conference call by dialing **(800) 289-0544** or for international/local participants by dialing **(913) 981-5533** and entering the conference ID **876797**, a few minutes before **4:00 p.m. EST on November 15, 2004**.

The call will be simultaneously web cast at the following link:

<http://phx.corporate-ir.net/playerlink.zhtml?c=102653&s=wm&e=961940>

Individuals within the U.S. and Canada that cannot access the call are invited to listen to a digitally recorded version, which will be posted to our website the following Tuesday, November 16 at:

<http://www.galaxyfoods.com/corporate.html>

**About Galaxy Nutritional Foods, Inc.**

Galaxy Nutritional Foods is the leading producer of great-tasting, 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: Galaxy Nutritional Foods(R), Veggie(R), Veggie Nature's Alternative to Milk(R), Veggie Slices(R), Soyco(R), Soymage(R), Wholesome Valley(R), and Lite Bakery(R). 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.

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