

INNOVATIVE FOOD HOLDINGS INC  
Form SC 13D/A  
July 27, 2017

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UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549

SCHEDULE 13D/A

Under the Securities Exchange Act of 1934  
(Amendment No. 3)\*

INNOVATIVE FOOD HOLDINGS, INC.  
(Name of Issuer)

COMMON STOCK

(Title of Class of Securities)

45772H202  
(CUSIP Number)

DENVER J. SMITH  
52 CARLSON DRIVE  
MILFORD, CT 06460  
(405) 830 - 3274

(Name, Address and Telephone Number of Person  
Authorized to Receive Notices and Communications)

07/22/17  
(Date of Event which Requires  
Filing of this Statement)

If the filing person has previously filed a statement on Schedule 13G to report the acquisition that is the subject of this Schedule 13D, and is filing this schedule because of §§ 240.13d-1(e), 240.13d-1(f) or 240.13d-1(g), check the following box

\*The remainder of this cover page shall be filled out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter disclosures provided in a prior cover page.

The information required on the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934 ("Act") or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act (however, see the Notes).

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SCHEDULE 13D

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Pages

1 NAME OF REPORTING PERSON  
I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY)  
Denver J. Smith

2 CHECK THE APPROPRIATE BOX IF A MEMBER (a) OF A GROUP (SEE INSTRUCTIONS)

(b)

3 SEC USE ONLY

4 SOURCE OF FUNDS (SEE INSTRUCTIONS)  
PF

5 CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)

6 CITIZENSHIP OR PLACE OF ORGANIZATION  
United States Of America

7 SOLE VOTING POWER  
772,679 shares

8 NUMBER OF SHARED VOTING POWER BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH  
850,624 shares

9           SOLE  
DISPOSITIVE  
POWER  
772,679 shares

10          SHARED  
DISPOSITIVE  
POWER  
850,624 shares

11          AGGREGATE AMOUNT  
BENEFICIALLY OWNED  
BY EACH REPORTING  
PERSON  
1,623,303 shares

12          CHECK BOX IF THE  
AGGREGATE  
AMOUNT IN ROW  
(11) EXCLUDES  
CERTAIN SHARES  
(SEE(SEE  
INSTRUCTIONS)  
(SEE INSTRUCTIONS)

13          PERCENT OF CLASS  
REPRESENTED BY  
AMOUNT IN ROW (11)  
5.4%

14          TYPE OF REPORTING  
PERSON  
IN

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Pages

1 NAME OF REPORTING PERSON  
I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY)  
Donald E. Smith

2 CHECK THE APPROPRIATE BOX IF A MEMBER (a) OF A GROUP (SEE INSTRUCTIONS)

(b)

3 SEC USE ONLY

4 SOURCE OF FUNDS (SEE INSTRUCTIONS)  
PF

5 CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)

6 CITIZENSHIP OR PLACE OF ORGANIZATION  
United States Of America

7 SOLE VOTING POWER  
26,000

NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH

SHARED VOTING POWER  
804,804 shares

9

SOLE  
DISPOSITIVE  
POWER  
26,000

10 SHARED  
DISPOSITIVE  
POWER  
804,804 shares

11 AGGREGATE AMOUNT  
BENEFICIALLY OWNED  
BY EACH REPORTING  
PERSON  
830,804 shares

12 CHECK BOX IF THE  
AGGREGATE  
AMOUNT IN ROW  
(11) EXCLUDES  
CERTAIN SHARES  
(SEE(SEE  
INSTRUCTIONS)  
(SEE INSTRUCTIONS)

13 PERCENT OF CLASS  
REPRESENTED BY  
AMOUNT IN ROW (11)  
2.8%

14 TYPE OF REPORTING  
PERSON  
IN

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Pages

1 NAME OF REPORTING PERSON  
I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY)  
Richard G. Hill

2 CHECK THE APPROPRIATE BOX IF A MEMBER (a) OF A GROUP (SEE INSTRUCTIONS)

(b)

3 SEC USE ONLY

4 SOURCE OF FUNDS (SEE INSTRUCTIONS)  
PF

5 CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)

6 CITIZENSHIP OR PLACE OF ORGANIZATION  
United States Of America

7 SOLE VOTING POWER  
39,300 shares

NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH

SHARED VOTING POWER  
45,820 shares

9

SOLE  
DISPOSITIVE  
POWER  
39,300 shares

10 SHARED  
DISPOSITIVE  
POWER  
45,820 shares

11 AGGREGATE AMOUNT  
BENEFICIALLY OWNED  
BY EACH REPORTING  
PERSON  
85,120 shares

12 CHECK BOX IF THE  
AGGREGATE  
AMOUNT IN ROW  
(11) EXCLUDES  
CERTAIN SHARES  
(SEE(SEE  
INSTRUCTIONS)  
(SEE INSTRUCTIONS)

13 PERCENT OF CLASS  
REPRESENTED BY  
AMOUNT IN ROW (11)  
0.3%

14 TYPE OF REPORTING  
PERSON  
IN

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Pages

1 NAME OF REPORTING PERSON  
I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY)  
Samuel N. Jurrens

2 CHECK THE APPROPRIATE BOX IF A MEMBER (a) OF A GROUP (SEE INSTRUCTIONS)

(b)

3 SEC USE ONLY

4 SOURCE OF FUNDS (SEE INSTRUCTIONS)  
PF

5 CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)

6 CITIZENSHIP OR PLACE OF ORGANIZATION  
United States Of America

7 SOLE VOTING POWER  
59,545 shares

NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH

SHARED VOTING POWER  
0 shares

9

SOLE  
DISPOSITIVE  
POWER  
59,545 shares

10 SHARED  
DISPOSITIVE  
POWER  
0 shares

11 AGGREGATE AMOUNT  
BENEFICIALLY OWNED  
BY EACH REPORTING  
PERSON  
59,545 shares

12 CHECK BOX IF THE  
AGGREGATE  
AMOUNT IN ROW  
(11) EXCLUDES  
CERTAIN SHARES  
(SEE(SEE  
INSTRUCTIONS)  
(SEE INSTRUCTIONS)

13 PERCENT OF CLASS  
REPRESENTED BY  
AMOUNT IN ROW (11)  
0.2%

14 TYPE OF REPORTING  
PERSON  
IA, IN

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CUSIP No. 45772H202 Page 6 of 11  
Pages

1 NAME OF REPORTING PERSON  
I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY)  
73114 Investments, LLC  
26-3607132

2 CHECK THE APPROPRIATE BOX IF A MEMBER (a) OF A GROUP (SEE INSTRUCTIONS)  
  
(b)

3 SEC USE ONLY

4 SOURCE OF FUNDS (SEE INSTRUCTIONS)  
WC

5 CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)

6 CITIZENSHIP OR PLACE OF ORGANIZATION  
Oklahoma

7 SOLE VOTING POWER  
744,804

8 NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH SHARED VOTING POWER  
0

9           SOLE  
              DISPOSITIVE  
              POWER  
              744,804

10           SHARED  
              DISPOSITIVE  
              POWER  
              0

11           AGGREGATE AMOUNT  
              BENEFICIALLY OWNED  
              BY EACH REPORTING  
              PERSON  
              744,804 shares

12           CHECK BOX IF THE  
              AGGREGATE  
              AMOUNT IN ROW  
              (11) EXCLUDES  
              CERTAIN SHARES  
              (SEE(SEE  
              INSTRUCTIONS)  
              (SEE INSTRUCTIONS)

13           PERCENT OF CLASS  
              REPRESENTED BY  
              AMOUNT IN ROW (11)  
              2.5%

14           TYPE OF REPORTING  
              PERSON  
              CO

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Pages

1 NAME OF REPORTING PERSON  
I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY)  
Youth Properties, LLC  
27-2901108

2 CHECK THE APPROPRIATE BOX IF A MEMBER (a) OF A GROUP (SEE INSTRUCTIONS)  
  
(b)

3 SEC USE ONLY

4 SOURCE OF FUNDS (SEE INSTRUCTIONS)  
WC

5 CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)

6 CITIZENSHIP OR PLACE OF ORGANIZATION  
Oklahoma

7 SOLE VOTING POWER  
60,000 shares

8 SHARED VOTING POWER  
0 shares

NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH

9           SOLE  
              DISPOSITIVE  
              POWER  
              60,000 shares

10           SHARED  
              DISPOSITIVE  
              POWER  
              0 shares

11           AGGREGATE AMOUNT  
              BENEFICIALLY OWNED  
              BY EACH REPORTING  
              PERSON  
              60,000 shares

12           CHECK BOX IF THE  
              AGGREGATE  
              AMOUNT IN ROW  
              (11) EXCLUDES  
              CERTAIN SHARES  
              (SEE(SEE  
              INSTRUCTIONS)  
              (SEE INSTRUCTIONS)

13           PERCENT OF CLASS  
              REPRESENTED BY  
              AMOUNT IN ROW (11)  
              0.2%

14           TYPE OF REPORTING  
              PERSON  
              CO

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Pages

1 NAME OF REPORTING PERSON  
I.R.S. IDENTIFICATION NO. OF ABOVE PERSON (ENTITIES ONLY)  
Paratus Capital, LLC  
46-0672795

2 CHECK THE APPROPRIATE BOX IF A MEMBER (a) OF A GROUP (SEE INSTRUCTIONS)  
  
(b)

3 SEC USE ONLY

4 SOURCE OF FUNDS (SEE INSTRUCTIONS)  
WC

5 CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) OR 2(e)

6 CITIZENSHIP OR PLACE OF ORGANIZATION  
Oklahoma

7 SOLE VOTING POWER  
45,820 shares

8 NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH SHARED VOTING POWER  
0

9           SOLE  
              DISPOSITIVE  
              POWER  
              45,820 shares

10           SHARED  
              DISPOSITIVE  
              POWER  
              0 shares

11           AGGREGATE AMOUNT  
              BENEFICIALLY OWNED  
              BY EACH REPORTING  
              PERSON  
              45,820 shares

12           CHECK BOX IF THE  
              AGGREGATE  
              AMOUNT IN ROW  
              (11) EXCLUDES  
              CERTAIN SHARES  
              (SEE(SEE  
              INSTRUCTIONS)  
              (SEE INSTRUCTIONS)

13           PERCENT OF CLASS  
              REPRESENTED BY  
              AMOUNT IN ROW (11)  
              0.2%

14           TYPE OF REPORTING  
              PERSON  
              PN

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## EXPLANATORY NOTE

This Amendment No. 3 to Schedule 13D (“Amendment No. 3”) amends and supplements the prior statement on Schedule 13D (the “Schedule 13D”) as filed on May 4, 2017, and amended on July 19, 2017 (“Amendment No. 2”). This amendment is being filed by (i) Denver J. Smith, (ii) Donald E. Smith, (iii) Richard G. Hill, (iv) Samuel N. Jurrens, (v) 73114 Investments, LLC, (vi) Youth Properties, LLC, and (vii) Paratus Capital, LLC who are collectively referred to as the “Reporting Persons”, related to shares of common stock of Innovative Food Holdings, Inc., a Florida Corporation (the “Issuer”), whose principal executive offices are located at 26411 Race Track Rd, Bonita Springs, FL 34135. Each item below amends and supplements the information disclosed under the corresponding item of the Schedule 13D, and Amendment No. 2. Except as indicated herein, the information set forth in the Schedule 13D remains unchanged in all material respects. Unless otherwise indicated, all capitalized terms used herein but not defined shall have the same meanings as set forth in the Schedule 13D.

This Amendment No. 3 is being filed to attach a non-disclosure agreement between Denver Smith and the Issuer relating to exploratory discussions about potential changes in the composition of board of directors of the Issuer. This agreement was dually signed on July 22, 2017.

### Item 1. Security and Issuer.

There are no amendments to Item 1 of the Schedule 13D pursuant to this Amendment No. 3.

### Item 2. Identity and Background.

There are no amendments to Item 2 of the Schedule 13D pursuant to this Amendment No. 3.

### Item 3. Source and Amount of Funds or Other Consideration.

There are no amendments to Item 3 of the Schedule 13D pursuant to this Amendment No. 3.

### Item 4. Purpose of Transaction.

There are no amendments to Item 4 of the Schedule 13D pursuant to this Amendment No. 3.

### Item 5. Interest in Securities of the Issuer.

Item 5 of the Schedule 13D is hereby amended to read in its entirety as follows:

- (a) There are no amendments to part (a) of Item 5 of the Schedule 13D pursuant to this Amendment No. 3.
- (b) There are no amendments to part (b) of Item 5 of the Schedule 13D pursuant to this Amendment No. 3.
- (c) All transactions in shares of the issuer over the past 60 days were reported as an exhibit to the Amendment No. 2 filed July 19, 2017. No transactions have occurred since the Amendment No. 2 was filed.
- (d) Not applicable.

(e)Not applicable.

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Item 6. Contracts, Arrangements, Understandings or Relationships with Respect to Securities of the Issuer.

There are no amendments to Item 6 of the Schedule 13D pursuant to this Amendment No. 3.

Item 7. Material to be Filed as Exhibits.

The following has been attached: Non-Disclosure Agreement entered into between Denver Smith and the Issuer.

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Signatures

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

Dated: July 25, 2017 /s/ Richard G. Hill  
Richard G. Hill

Dated: July 25, 2017 /s/ Samuel N. Jurrens  
Samuel N. Jurrens

Dated: July 25, 2017 /s/ Donald E. Smith  
Donald E. Smith

Dated: July 25, 2017 /s/ Denver J. Smith  
Denver J. Smith

Dated: July 25, 2017 Paratus Capital, LLC

By: /s/ Denver J. Smith  
Name: Denver J. Smith  
Title: Chief Strategy  
Officer

Dated: July 25, 2017 73114 Investments, LLC

By: /s/ Denver J. Smith  
Name: Denver J. Smith  
Title: Chief  
Investment Officer

Dated: July 25, 2017 Youth Properties, LLC

By: /s/ Donald E. Smith  
Name: Donald E. Smith  
Title: Chief Executive  
Officer