



NEWS FROM OVERHILL FARMS, INC.

Overhill Farms to Issue First Quarter Results and Hold Conference Call on February 9, 2012

LOS ANGELES, CA (February 1, 2012) — Overhill Farms, Inc. (NYSE-AMEX: OFI) today announced that the Company anticipates announcing first quarter 2012 results on Thursday, February 9, 2012.

CONFERENCE CALL

Overhill Farms will host a conference call on February 9, 2012, at 11:00 a.m. EDT (8:00 a.m. PDT). Shareholders and investment professionals can participate by dialing 877-407-9210. A webcast of accompanying slides will be at <http://www.investorcalendar.com/IC/CEPage.asp?ID=167287>.

ABOUT OVERHILL FARMS

Overhill Farms, Inc. (www.OverhillFarms.com) is a value-added supplier of custom high quality prepared frozen foods for branded retail, private label foodservice and airline customers. Its product line includes entrées, plated meals, bulk-packed meal components, pastas, soups, sauces, poultry, meat and fish specialties, as well as organic and vegetarian offerings. The Company's capabilities give its customers a one-stop solution for new product development, precise replication of existing recipes, product manufacturing and packaging. Its customers include prominent nationally recognized names such as Panda Restaurant Group, Inc., Jenny Craig, Inc., Safeway Inc., Target Corporation, Pinnacle Foods Group LLC, and American Airlines, Inc. The Company also sells frozen foods under the Boston Market brand, under exclusive license with Boston Market Corporation.

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