August 16, 2012

Frozen Food Express Industries Announces Upcoming Investor Events

DALLAS, Aug. 16, 2012 (GLOBE NEWSWIRE) -- **Frozen Food Express Industries, Inc.** (Nasdaq:FFEX), a temperature controlled truckload and less-than-truckload services company, today announced that Russell Stubbs, President and Chief Executive Officer, and John Hickerson, Executive Vice President and Chief Operating Officer, will be presenting and meeting with investors during the following events:

Tuesday, August 28, 2012

Midwest IDEAS Investor Conference

The University of Chicago — Gleacher Center, Chicago, IL

Presentation Time: 10:20 AM CDT

Wednesday, September 5, 2012

Dahlman Rose and Co. — Global Transportation Conference

The Omni Hotel New York, NY

Presentation Time: 9:25 AM CDT

About FFEX

Frozen Food Express Industries, Inc. is one of the leading providers of temperature-controlled truckload and less-than-truckload services in the United States with operations in the transport of temperature-controlled products and perishable goods including food, health care and confectionary products. Transportation services are offered in over-the-road and intermodal modes for temperature-controlled truckload and less-than-truckload. We also provide brokerage and logistics services, including ocean, air, both domestic and international expedited services and oil field water delivery services, as well as dedicated fleets to our customers. Additional information about Frozen Food Express Industries, Inc. can be found at http://www.ffeinc.com. To join our email alert list, please click on the following link: http://financials.ffex.net/alerts.cfm. The Company's common stock is traded on the Nasdaq Global Select market under the symbol FFEX.

The Frozen Food Express Industries, Inc. logo is available at http://www.globenewswire.com/newsroom/prs/?pkgid=3209

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