



Texas Motor Transportation Association Recognizes Frozen Food Express, Inc.'s Russell Stubbs With 2009 Leadership Award

DALLAS, Sept. 10, 2009 (GLOBE NEWSWIRE) -- Frozen Food Express Industries, Inc. (Nasdaq:FFEX) today announced that its Senior Vice President and Chief Operating Officer, Stoney "Russell" Stubbs, has been named by the Texas Motor Transportation Association (TMTA) the recipient of the 2009 Leadership Award.

"It is exceptional when any member of an organization is honored by the industry they serve," said Stoney "Mit" Stubbs. "Russell's dedication to the transportation industry throughout his career makes this prestigious award a well deserved honor and privilege."

The TMTA Press Release reads as follows:

Russell Stubbs Named as 2009 Leadership Award Recipient

AUSTIN - Texas Motor Transportation Association (TMTA) named FFE Transportation Services Inc.'s Stoney "Russell" Stubbs as the 2009 Leadership Award recipient. The acclaimed award is given annually to a deserving member who has shown a profound commitment to the Texas trucking industry, demonstrated high standards of leadership and integrity, and continues to guide and support their trucking company contemporaries.

"Russell is a selfless man of solid principles and has proven to be a genuine, honest and loyal leader," said TMTA President and CEO John D. Esparza. "A devotion to the trucking industry runs deep in the Stubbs family and we are proud to honor Russell with this distinction and thank him for his steadfast service."

Notably involved in TMTA, Russell has served on the executive committee, as chairman of the TMTA Foundation and chairman of the association in 2006-2007. He has also been active in several national associations including the Truckload Carriers Association and American Trucking Associations.

As Senior Vice President and COO of FFE Transportation Services Inc., Russell joins a long line of great leaders in the trucking industry. He is also the third Stubbs to be honored with the TMTA Leadership Award. Russell's father Stoney "Mit" Stubbs and grandfather Stoney Stubbs Sr. were both recognized for their dedication to the association and received the award in 2002 and 1969, respectively.

Russell was honored for his industry contributions at TMTA's Annual Conference in Lost Pines, Texas.

About TMTA

Texas Motor Transportation Association is a trade organization dedicated to advocating sound public policies, providing excellence in education and training, and promoting a safe, dependable and cost-effective motor transportation system to better serve the people of Texas. One out of every 14 people working in the private sector is employed in a trucking-related job, and 82 percent of communities receive goods exclusively by truck. For more information, please visit: <http://www.tmta.com>

About FFEX

Frozen Food Express Industries, Inc. is one of the leading temperature-controlled truckload and less-than-truckload carriers in the United States with core operations in the transport of temperature-controlled products and perishable goods including food, health care and confectionery products. Service is offered in over-the-road and intermodal modes for temperature-controlled truckload and less-than-truckload, as well as dry truckload. We also provide brokerage/logistics services, as well as dedicated fleets to our customers. Additional information about Frozen Food Express Industries, Inc. can be found at the <http://www.ffex.net>. To join our email alert list, please click on the following link: <http://financials.ffex.net/alerts.cfm>. FFE'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>

CONTACT: Frozen Food Express Industries, Inc.

Russell Stubbs, SVP and COO
John Hickerson, SVP and CMO
Ronald Knutson, SVP and CFO
(214) 630-8090
ir@ffex.net

(C) Copyright 2009 GlobeNewswire, Inc. All rights reserved.