

**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 OR 15(d) of The Securities Exchange Act of 1934

Date of Report (Date of earliest event reported) **February 4, 2005**

Appliance Recycling Centers of America, Inc.

(Exact name of registrant as specified in its charter)

Minnesota
(State or other jurisdiction
of incorporation)

000-19621
(Commission
File Number)

41-1454591
(IRS Employer
Identification No.)

7400 Excelsior Blvd., Minneapolis, MN
(Address of principal executive offices)

55426-4517
(Zip Code)

Registrant's telephone number, including area code **(952) 930-9000**

(Former name or former address, if changed since last report.)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

ITEM 2.02: RESULTS OF OPERATIONS AND FINANCIAL CONDITION

The following information is furnished pursuant to Item 12, "Disclosure of Results of Operations and Financial Condition."

On February 4, 2005, Appliance Recycling Centers of America, Inc. issued a press release announcing that Linda Koenig has been promoted to Chief Financial Officer.

ITEM 9.01: FINANCIAL STATEMENTS, PRO FORMA FINANCIAL INFORMATION AND EXHIBITS

(c) Exhibits

<u>Exhibit Number</u>	<u>Description</u>
99.1	Press Release dated February 4, 2005.

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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

APPLIANCE RECYCLING CENTERS OF AMERICA, INC.

Date: February 4, 2005

/s/Linda Koenig
Linda Koenig, Chief Financial Officer

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Appliance Recycling Centers of America, Inc.
7400 Excelsior Boulevard, Minneapolis MN 55426 (952) 930-9000

For Immediate Release

For Additional Information Contact:
Edward R. (Jack) Cameron (CEO)
952/930-9000

**Appliance Recycling Centers of America (ARCA) Announces
Promotion of Linda Koenig to CFO**

Minneapolis, MN—February 4, 2005—Appliance Recycling Centers of America, Inc. (OTC BB: ARCI) today announced that Linda Koenig has been promoted to Chief Financial Officer, effective immediately.

Koenig, who has been with the company for nine years, was named Vice President of Finance in March 2003, a position she assumed after serving as Controller since September 1999. During 1999, ARCA eliminated the position of Chief Financial Officer, and the functions previously undertaken by that position were subsequently handled by the Controller. Prior to her promotion to Controller, Koenig was General Accounting Manager, a position she held for approximately three and one half years.

Edward R. (Jack) Cameron, ARCA's president and chief executive officer, said: "I am very pleased to announce the appointment of Linda Koenig to Chief Financial Officer. This richly deserved promotion recognizes the significant contributions that Linda has made to the company and we are fortunate to have a person with her capabilities ready to assume the CFO role. I am confident that Linda will be a driving force in the continuing evolution and success of ARCA."

About ARCA

Through its ApplianceSmart (www.ApplianceSmart.com) operation, ARCA is one of the nation's leading retailers of special-buy household appliances, primarily those manufactured by Maytag, GE, Frigidaire and Whirlpool. These special-buy appliances, which include close-outs, factory overruns, open cartons and scratch-and-dent units, typically are not integrated into normal distribution channels. ApplianceSmart sells these new appliances at a discount to full retail, offers a 100% money-back guarantee and provides warranties on parts and labor. As of February 2005, ApplianceSmart was operating 12 factory outlets: five in the Minneapolis/St. Paul market; three in the Columbus, Ohio, market; two in the Atlanta market; one in San Antonio, Texas; and one in Los Angeles. ARCA is also one of the nation's largest recyclers of major household appliances for the energy efficiency programs of electric utilities.

Statements about ARCA's outlook are forward-looking and involve risks and uncertainties, including but not limited to: the strength of recycling programs, the growth of appliance retail sales, the speed at which individual retail stores reach profitability, and other factors discussed in the Company's filings with the Securities and Exchange Commission.

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