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) November 3, 2005

Appliance Recycling Centers of America, Inc.

(Exact name of registrant as specified in its charter) 000-19621

(Commission

Minnesota

(State or other jurisdiction

41-1454591

(IRS Employer

Identification No.) of incorporation) File Number) 7400 Excelsior Blvd., Minneapolis, MN 55426-4517 (Address of principal executive offices) (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 November 3, 2005, Appliance Recycling Centers of America, Inc. issued a press release announcing strong retail sales growth in the third quarter of 2005 ended October ITEM 9.01: FINANCIAL STATEMENTS, PRO FORMA FINANCIAL INFORMATION AND EXHIBITS (c) **Exhibits** Exhibit Number Description Press Release dated November 3, 2005. 99 1 2 **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: November 3, 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 Richard G. Cinquina Equity Market Partners 904/261-2210

Appliance Recycling Centers of America Reports Strong Retail Sales Growth In Third Quarter of 2005

November 3, 2005—Minneapolis, MN—Appliance Recycling Centers of America, Inc. (OTC BB: ARCI) today reported revenues of \$20,706,000 for the third quarter of 2005 ended October 1, an increase of 42% from \$14,543,000 in the year-earlier period. Net income totaled \$47,000 or \$0.01 per diluted share, compared to \$260,000 or \$0.08 per diluted share in the third quarter of 2004.

For the first nine months of 2005, revenues increased 45% to \$56,757,000 from \$39,135,000 in the same period a year ago. Net income for this period was a breakeven of \$18,000 or \$0.00 (rounded) per diluted share, compared to a net loss of \$514,000 or \$0.21 per share in the first nine months of 2004.

Same-store sales of the nine ApplianceSmart factory outlets that were open during the third quarters of 2005 and 2004 rose 19%, while total retail sales from 12 ApplianceSmart outlets increased 52% to \$16,513,000 compared to last year's third quarter. A 37,000-square-foot ApplianceSmart factory outlet in San Antonio, the second store in this market, opened in October 2005.

Recycling revenues increased 17% to \$3,757,000 in this year's third quarter compared to the year-earlier period. The majority of this growth was generated by the energy conservation program in California sponsored by Southern California Edison Company, but growing revenue contributions came from utility-related recycling programs in Connecticut, the city of Austin, Texas, and the state of Wisconsin.

Edward R. (Jack) Cameron, president and chief executive officer, commented: "The sales growth of our ApplianceSmart operation remained exceptionally strong in this year's third quarter. We believe this sales performance reflects the fundamental soundness of ApplianceSmart's value proposition, as well as our ability to target attractive locations for new factory outlets in both new and existing markets. However, ARCA's profitability was affected by growth-related expenses generated by the expansion of our ApplianceSmart network, which grew from nine outlets in the third quarter of 2004 to 12 at the end of this year's third quarter. Having demonstrated ApplianceSmart's viability and effectiveness from the standpoint of top line growth, we now must improve the operating efficiencies in order to strengthen ARCA's profitability."

Cameron continued: "We remain very confident in ARCA's prospects. We have made substantial progress in recent years and believe that ARCA is moving in the right strategic direction. Over the near-term, the fourth quarter typically marks the onset of a seasonal slowdown in appliance sales. In addition, the advertising support provided by our utility partners for their recycling programs tends to wind down toward the end of each calendar year."

ARCA is currently in the process of submitting a bid for renewing its multi-year contract for the California statewide appliance recycling program. This new contract would have three-year durations starting in January 2006.

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 and scratch-and-dent units, typically are not integrated into the manufacturer's normal distribution channel. ApplianceSmart sells these virtually new appliances at a discount to full retail, offers a 100% money-back guarantee and provides warranties on parts and labor. As of October 2005, ApplianceSmart was operating 13 factory outlets: five in the Minneapolis/St. Paul market; three in the Columbus, Ohio, market; two in the Atlanta market; two in San Antonio, Texas and one in Los Angeles. ARCA is also the nation's largest recyclers of major household appliances for the energy conservation 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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	Three months ended			Nine months ended				
		October 1 2005		October 2 2004		October 1 2005		October 2 2004
Revenues								
Retail	\$	16,513	\$	10,838	\$	47,709	\$	31,161
Recycling		3,757		3,199		7,973		6,854
Byproduct		436		506		1,075		1,120
Total revenues		20,706		14,543		56,757		39,135
Cost of Revenues		14,873		10,041		39,667		27,661
Gross profit		5,833		4,502		17,090		11,474
Selling, General & Administrative Expenses		5,529		4,086		16,401		11,516
Operating income (loss)		304		416		689		(42)
Other Income (Expense)								
Other income		2		33		1		22
Interest expense		(259)	_	(187)	_	(672)		(558)
Income (loss) before provision for income taxes		47		262		18		(578)
Provision for (Benefit of) Income Taxes				2				(64)
Net income (loss)	\$	47	\$	260	\$	18	\$	(514)
Basic Earnings (Loss) per Common Share	\$	0.01	\$	0.09	\$	0.00	\$	(0.21)
Diluted Earnings (Loss) per Common Share	\$	0.01	\$	0.08	\$	0.00	\$	(0.21)
Basic Weighted Average No. of Common Shares Outstanding		4,269		2,986		4,242		2,429
Diluted Weighted Average No. of Common Shares Outstanding		4,388		3,095		4,353		2,429

Appliance Recycling Centers of America, Inc. and Subsidiaries CONSOLIDATED BALANCE SHEET As of October 1, 2005 (000's)

(000 8)					
		October 1, 2005		January 1, 2005	
	- (1	U naudited)			
Assets					
Current Assets					
Cash and cash equivalents	\$	2,692	\$	4,362	
Receivables - net of allowance of \$102,000		3,204		2,034	
Inventories, net of reserves of \$352,000 and \$385,000 respectively		12,736		10,154	
Deferred income taxes		468		468	
Other current assets		476		338	
Total Current Assets		19,576		17,356	
Property and Equipment, at cost					
Land		2,050		2,050	
Building and Improvements		4,477		4,338	
Equipment		6,241		5,928	
		12,768		12,316	
Less accumulated depreciation		6,594		5,982	
Net property and equipment		6,174		6,334	
Other assets		327		300	
Restricted cash		350		350	
Total Assets	\$	26,427	\$	24,340	
Liabilities and Shareholders' Equity					
Current Liabilities					
Line of credit	\$	6,102	\$	5,415	
Current maturities of long term obligations		225		615	
Accounts payable		5,352		3,889	
Accrued expenses		2,917		2,779	
Income taxes payable		58		58	
Total Current Liabilities		14,654		12,756	
Minority Interest		12		´—	
Long-Term Obligations, less current maturities		4,922		5,053	
Deferred Income Tax Liabilities		468		468	
Total Liabilities		20,056		18,277	
Shareholders' Equity					
Common stock, no par value; authorized 10,000,000 shares; issued and outstanding 4,319,000 and 4,136,000 shares					
respectively		14,840		14,549	
Accumulated Deficit		(8,469)		(8,486)	
Total Shareholders' Equity		6,371		6,063	
		0,571		0,003	

Total Liabilities and Shareholders' Equity \$ 26,427 \$ 24,340