

Eat Well Group Sells Remaining Stake in PataFoods, Further Strengthening Balance Sheet

VANCOUVER, BC, March 28, 2025 – Eat Well Investment Group Inc. (CSE: EWG) (US: EWGFF) (FSE: 6BC0) (“Eat Well” or the “Company”), a leading agribusiness focused on premium pulse processing and sustainable food ingredients, is pleased to announce that it has successfully sold its remaining equity stake in PataFoods, Inc. dba Amara Organic Foods (“PataFoods”) for US\$1.25 million.

Eat Well initially acquired its PataFoods shares for an aggregate purchase price of approximately US\$909,804 and has now realized gross proceeds of US\$1,250,000 from the sale.

The proceeds will be used to repay a portion of the Company’s debt obligations with a private lender and pay certain transaction fees.

“This sale is another step towards sharpening our focus on our core agribusiness while reducing overall debt,” said Daniel Brody, President, CEO & Director. “By eliminating approximately \$1,800,000 in debt, we’re enhancing financial flexibility and positioning the Company for stronger long-term profitability. We remain strong supporters of PataFoods and look forward to their continued success.”

EY acted as exclusive financial advisor to Eat Well Group in the transaction.

About Eat Well Group

Eat Well Group is a Canadian-based leader in sustainable, plant-based ingredients dedicated to shaping the future of global food systems. As the 100% owner of Belle Pulses Ltd., one of North America’s largest pulse processors, we have been at the forefront of plant-based protein innovation for nearly 45 years. Our IP-driven facilities across North America supply premium-quality ingredients to over 35 countries, supporting a growing demand for healthy, sustainable nutrition. With a team of over 50 employees, we are committed to excellence, innovation, and feeding the world with the highest-quality plant-based foods.

To learn more, join Eat Well’s [mailing list](#) for important updates.

Contact Information

Eat Well Investment Group Inc.
Daniel Brody, President, CEO & Director
ir@eatwellgroup.com
www.eatwellgroup.com

Disclaimer for Forward-Looking Statements

This news release contains certain forward-looking information and forward-looking statements within the meaning of applicable Canadian and United States securities legislation (collectively “forward-looking statements”). Forward-looking information are often, but not always, identified by the use of words such as “seek,” “anticipate,” “believe,” “plan,” “estimate,” “expect,” “likely” and “intend” and statements that an event or result “may,” “will,” “should,” “could” or “might” occur or be achieved and other similar expressions.

Such forward-looking statements should not be unduly relied upon. Forward-looking information is based on assumptions that may prove to be inaccurate. The Company considers these assumptions to be reasonable in the circumstances. However, forward-looking information is subject to business and economic risks and uncertainties and other factors that could cause actual results of operations to differ materially from those expressed or implied in the forward-looking information, including the business, financial, credit and other market risks. The forward-looking statements in this news release are made as of the date of this release. The Company disclaims any intention or obligation to update or revise such information, except as required by applicable law. For more information on the Company, its investee companies and the risks and challenges of their businesses, investors should review the Company's continuous disclosure filings that are available at www.sedarplus.ca.

The Canadian Securities Exchange has neither approved nor disapproved the information contained herein and does not accept responsibility for the adequacy or accuracy of this news release.