



**FOR IMMEDIATE RELEASE**  
Contact Investor Relations  
Phone: 604-676-9792

## GRANT OF STOCK OPTIONS

**Vancouver, BC, Canada –December 22, 2011 – Carbon Friendly Solutions Inc. (CNSX: CFQ)** (“CFS” or the “Company”) is pleased to announce that it has granted incentive stock options to certain directors, officers and consultants of the Company to purchase up to 630,000 common shares in the capital stock of the Company pursuant to a shareholder approved Share Option Plan. The options are exercisable on or before December 22, 2016 at an exercise price of \$0.32 per share.

In settlement agreement dated November 29, 2011, the Issuer agreed to pay the sum of \$7,500 and issue 150,000 common shares in the capital stock of the Issuer to Mike Young with respect to monies owed to Michael Young for consulting fees.

### **About Carbon Friendly Solutions Inc.**

Carbon Friendly Solutions Inc., through its subsidiaries, is focused on the development of clean energy technology, renewable energy and reforestation projects. **MicroCoal Inc.** (Denver, CO, USA) is a leading clean energy company focused on commercializing the use of its patented technologies to decontaminate and upgrade low-rank coals to match the energy levels of high-rank coals, for use by power utilities. **Carbiopel – Eco Stream Power S.A.** (Lezajsk, Poland) is an operating biomass producer in Poland and part of a rapidly growing renewable energy market in The European Union. **CO2 Reduction Poland Sp. z o.o** (Warsaw, Poland), through cooperative action with several private land owners, is implementing an afforestation project in Poland to restore forest cover on disused agricultural land which will lead to the generation of carbon credits for sale in the global Voluntary market.

On behalf of the Board of Directors

**Carbon Friendly Solutions Inc.**

“Stan Lis”

President and Director

Certain statements included in this News Release contain forward-looking statements, including disclosure concerning possible or assumed future results of operations of the Company. Forward-looking statements typically are preceded by, followed by or include the words – “believes,” “expects,” “anticipates,” “estimates,” “intends,” “plans,” “or similar expressions. Forward-looking statements are not guarantees of future performance. They involve risks, uncertainties and assumptions, and the Company’s results could differ materially from those anticipated in these forward-looking statements. We seek safe harbor.