



BETTERMOO(D) ANNOUNCES DELAY OF FILINGS

Vancouver, BC, November 29, 2022 – **bettermoo(d) Food Corporation** (CSE: **MOOO**) (OTCQB: **MOOOF**), (Frankfurt: **0I5**, WKN: **A3DNBE**) (the “**Company**”) announces that it has experienced a delay in filing its financial statements for the seven months ended July 31, 2022, and the related management’s discussion and analysis, and CEO and CFO certifications (collectively, the “**Required Filings**”), which were required to be filed on or before November 28, 2022.

In connection with the delay, the Company applied to the applicable Canadian securities regulators requesting that a voluntary management cease trade order (“**MCTO**”) be imposed to restrict trading in the Company’s securities by insiders of the Company, as opposed to a general cease trade order, which would restrict all trading in the Company’s securities. The MCTO has been granted and will be in effect until the Required Filings are filed or until it is revoked or varied.

The majority of the Required Filings have been prepared, but the Company is unable to complete and file such materials as a result of their recent change in year end from December 31 to July 31. Management expects to be in a position to file the Required Filings no later than December 16, 2022.

The Company confirms that it intends to satisfy the provisions of the alternative information guidelines described in sections 9 and 10 of National Policy 12-203 – *Management Cease Trade Orders* for so long as it remains in default of the requirement to file the Required Filings on or before December 16, 2022. The Company has not taken any steps towards any insolvency proceeding and the Company has no material information to release to the public. The Company has made the foregoing representations in accordance with the requirements of applicable securities laws.

FOR MORE INFORMATION PLEASE CONTACT:

BETTERMOO(D) FOOD CORPORATION

ON BEHALF OF THE BOARD OF DIRECTORS

Steve Pear

Chief Executive Officer and Director

bettermoo(d) Food Corporation

For further information please contact:

Email: investors@bettermoodfoodcorporation.com

Website: www.bettermoo.com

Phone: 1-855-715-1865