



Suite 800 – 1199 West Hastings Street  
Vancouver, BC V6E 3T5  
Blenderbites.com  
[investors@blenderbites.com](mailto:investors@blenderbites.com)  
1-888997-2055

CSE: BITE | FWB: JL4

# NEWS RELEASE

## BLENDER BITES ANNOUNCES GRANT OF STOCK OPTIONS

July 17, 2023 – Vancouver, British Columbia – Blender Bites Ltd. (the “**Company**”, “**Blender Bites**” or “**Blender**”), (CSE: **BITE**, FWB: **JL4**, WKN: **A3DMEJ**), announces, that its Board of Directors has approved a grant of 1,273,000 incentive stock options (the “**Options**”) to directors, officers, and consultants of the Company, pursuant to the Company’s equity incentive plan, entitling them to purchase an aggregate amount of up to 1,273,000 common shares (the “**Common Shares**”) of the Company. The Options are exercisable on or before July 17, 2026, at an exercise price of \$3.49 per Common Share. The Options, and any Common Shares issued upon exercise of such Options, are subject to a four month and one day hold period, expiring on November 18, 2023.

### ABOUT BLENDER BITES

Blender Bites is a multi award-winning Canadian company involved in the development and marketing of a line of premium, frozen functional food and beverages. Blender Bites products are made with organic ingredients, non-GMO, gluten free, dairy free and soy free. Blender Bites was founded in 2016 and first launched to market in Western Canada in 2017 with a pre-portioned 1-Step Smoothie product that is free of any unnecessary inner plastic packaging. Blender Bites products are now distributed internationally across Canada and the US, and are currently sold in over 1000 stores, including Walmart, Sobeys, Loblaws, Safeway, Save on Foods, Real Canadian Superstore, Whole Foods Market, Buy-Low/Nesters, IGA, and Thrifty’s.

On behalf of the Board of Directors,

### Blender Bites Limited

Chelsie Hodge, Chief Executive Officer  
Email – [chelsie@blenderbites.com](mailto:chelsie@blenderbites.com)  
Telephone – 236-521-0626

### For further information, contact Blender IR Team at:

Email – [investors@blenderbites.com](mailto:investors@blenderbites.com)  
Telephone – 1-888-997-2055  
Media Contact – [teambenderbites@jonesworks.com](mailto:teambenderbites@jonesworks.com)

### CAUTIONARY DISCLAIMER STATEMENT

*The Canadian Securities Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the content of this news release.*

*This news release includes certain “forward-looking statements” under applicable Canadian securities legislation. Forward-looking statements are necessarily based upon several estimates and assumptions that, while considered reasonable, are subject to known and unknown risks, uncertainties, and other factors which may cause the actual results and future events to differ materially from those expressed or implied by such forward looking statements. Such factors include, but are not limited to general business, economic, competitive, political, and social uncertainties, and uncertain capital markets. Readers are cautioned that actual results and future events could differ materially from those anticipated in such statements. Accordingly, readers should not place undue reliance on forward-looking statements. The Company disclaims any intention or obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise, except as required by law.*

