

FORM 51-102F3

MATERIAL CHANGE REPORT

1. Name and Address of Company

EAT WELL INVESTMENT GROUP INC. (the "Issuer")
#1305 - 1090 W. Georgia Street
Vancouver, BC, V6E 3V7
Phone: (604) 685-9316

2. Date of Material Change

July 8, 2022

3. Press Release

The press release was released on July 12, 2022 through various approved public media and filed with the Canadian Securities Exchange and the British Columbia, Alberta and Ontario Securities Commissions.

4. Summary of Material Change(s)

See attached press release for details.

5. Full Description of Material Change

See attached press release for details.

6. Reliance on subsection 7.1(2) of National Instrument 51-102

Not applicable

7. Omitted Information

Not applicable

8. Executive Officer

Nick DeMare, Corporate Secretary
Phone: (604) 685-9316

9. Date of Report

July 13, 2022

Eat Well Group Promotes Patrick Dunn to CFO & Director

Mr. Dunn is an experienced senior executive with a proven track record of investing in and building highly successful agribusinesses throughout North America and other international jurisdictions

Vancouver, BC – July 12, 2022: Eat Well Investment Group Inc. (the “**Company**” or “**Eat Well Group**” or “**EWG**”) (**CN:EWG**) (**US:EWGFF**) (**FRA:6BC0**) is pleased to announce it has promoted its Vice President, Finance, Mr. Patrick Dunn to CFO and has appointed him as a member of the Board of Directors of the Company.

Patrick Dunn, CPA, is a founding partner of Dunn, Pariser & Peyrot. Mr. Dunn is an experienced senior executive with a proven track record of investing in and building highly successful agribusinesses throughout North America, including his role with Verdient Foods Inc., in which he helped conceive, finance, and build one of the largest fractionation facilities in North America. [Verdient Foods sold to Ingredion](#) (NYSE:INGR) in 2020.

As a partner of one of the top business management firms in Los Angeles, Mr. Dunn believes the business of plant-based foods, agribusiness, and food technology will help drive improvement in global food security. As a testimony to his business portfolio work, Mr. Dunn and his firm have won multiple industry awards for accounting, finance, and business management.

"We are proud to promote Patrick Dunn to CFO of Eat Well Group and to have him join the Board of Directors of the Company. His first-hand experience in investing in, building, and scaling plant-based food companies across international jurisdictions is a tremendous asset," commented Marc Aneed, the Company's President, Chief Executive Officer and Director. "Mr. Dunn has served as the Company's Vice President of Finance since the Company refocused its investment policy on agribusiness, food tech and plant-based foods nearly one year ago. He knows the industry, the Company, and everything plant-based inside out and will be a tremendous asset for our Company," continued Aneed.

The Company wishes to thank Mr. Nick Demare for his service as CFO and Director since helping found the predecessor company, Rockshield Capital, in 2014. The Company looks forward to continuing to work with Mr. Demare in his capacity as the Company's Corporate Secretary.

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

ABOUT EAT WELL GROUP

Eat Well Group is a publicly-traded investment Company primarily focused on high-growth companies in the agribusiness, food tech, plant-based and ESG (environmental, social and governance) sectors. Eat Well Group's management team has an extensive record of sourcing, financing and building successful companies across a broad range of industries and maintains a current investment mandate on the health/wellness industry. The team has financed and invested in early-stage venture companies for greater than 25 years, resulting in unparalleled access to deal flow and the ability to construct a portfolio of opportunistic investments intended to generate superior risk-adjusted returns.

Contact Information

Eat Well Investment Group Inc.
Marc Aneed, CEO

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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.