

## **EAT WELL INVESTMENT GROUP ANNOUNCES CHANGE IN YEAR-END**

**VANCOUVER, BC**, November 21, 2022 – Eat Well Investment Group Inc. (CSE: **EWG**) (US: **EWGFF**) (FSE: **6BC0**) (“**Eat Well**” or the “**Company**”) announces it has changed its fiscal year-end from November 30<sup>th</sup> to December 31<sup>st</sup>.

The Company is changing its year-end to align the Company’s financial reporting period with traditional financial, operational, and taxation cycles. As a result, the Company expects to file its audited annual financial statements for the thirteen months ended December 31, 2022 by no later than May 1, 2023.

For further details regarding the length and ending dates of the financial periods, including the comparative periods, of the interim and annual financial statements to be filed for the Company’s transition year and its new financial year, reference is made to the Notice of Change in Year-End filed by the Company pursuant to National Instrument 51-102 *Continuous Disclosure Obligations*, which is available on the Company’s profile on SEDAR at [www.sedar.com](http://www.sedar.com).

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

### **About Eat Well**

Eat Well 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’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**

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### **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. These forward-looking statements include, but are not limited to, the anticipated timing of the filing of the Company’s financial statements. Such forward-

looking statements should not be unduly relied upon. Forward-looking information is based on assumptions that may prove to be incorrect. 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. For more information on the Company, its investee companies and the risks and challenges of their businesses, investors should review their annual filings that are available at [www.sedar.com](http://www.sedar.com).

***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.***