

EAT WELL INVESTMENT GROUP ANNOUNCES APPOINTMENT OF NEW AUDITOR

VANCOUVER, BC, March 16, 2023 –Eat Well Investment Group Inc. (**CSE: EWG**) (**US: EWGFF**) (**FSE: 6BC0**) (“**Eat Well**” or the “**Company**”), a leading plant-based food ingredient and CPG company, is pleased to announce that it has appointed CM3 Advisory (“**CM3**”) as the Company’s new auditor to replace Company’s former auditor, Davidson & Company LLP (the “**Former Auditor**”).

The board of directors of the Company has appointed CM3 as the new auditor of the Company, effective March 10, 2023, to hold such office until the close of the next annual general meeting of the Company’s shareholders.

In accordance with National Instrument 51-102 – Continuous Disclosure Obligations, a Notice of Change of Auditor, together with the required letters from CM3 and the Former Auditor, will be filed on the Company’s issuer profile on SEDAR at www.sedar.com as soon as practicable.

About Eat Well

Eat Well is a publicly-traded company primarily focused on 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 focus 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.

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

Contact Information

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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.