

## **EAT WELL GROUP TO AMEND AND RESTATE AUGUST 31, 2022, INTERIM FINANCIAL STATEMENTS**

**VANCOUVER, BC**, June 22, 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, announced today that it is working to amend and restate the August 31<sup>st</sup>, 2022 interim financial statements to correct the 2022 quarter end figures as instructed by the British Columbia Securities Commission in accordance with Paragraph 11.5(b) of National Instrument (NI) 51-102.

In April 2023, the Company determined as part of the Company's calendar 2022 year-end audit planning process, that it no longer qualifies as an Investment Entity under IFRS 10. Instead, the Company meets the requirements of an integrated operating company with consolidated financials. Consequently, the operating period between June 1, 2022 and August 31, 2022, within the fiscal quarter ending August 31, 2022, will require restatement. Eat Well intends to file these amendments on SEDAR as soon as possible.

### **About Eat Well**

Eat Well Group is a pioneering Canadian-based company leading the way in the future of sustainable, plant-based foods. With a rich history spanning nearly 45 years, our subsidiaries have been at the forefront of processing, distributing, and marketing premium-quality plant-based foods. Operating with IP-driven facilities across North America, we distribute to over 35 countries worldwide. With a talented team of over 80 employees, we take pride in our products consistently ranking among the top 10 globally. With our family of private label and owned brands, including Sapiientia, Amara Organic Foods, Belle Pulses, and Eat Well, we are dedicated to feeding families worldwide with excellence and innovation.

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

### **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, statements to the timing of filing of the third quarter financial statements for the period ended August 31, 2022. Such forward-looking statements should not be unduly relied upon.

Forward-looking information is based on assumptions that may prove to be inaccurate. 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, including the business, financial, credit and other market risks. The forward-looking statements in this news release are made as of the date of this release. The Company disclaims any intention or obligation to update or revise such information, except as required by applicable law. For more information on the Company and the risks and challenges of their businesses, investors should review the Company's continuous disclosure 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.***