

Foremost Lithium Receives a Permit to Extract a Bulk Sample from its Zoro Lithium Project: First Step Towards the Production of 6% Battery-Grade Lithium Hydroxide Resource

Vancouver British Columbia, January 06, 2022, Foremost Lithium Resource & Technology (CSE:FAT) (OTC Pink:FRRSF) (FSE:F0R) (www.foremostlithium.com) (“Foremost” or the “Company”) is pleased to announce it has received a permit from the Province of Manitoba to extract a bulk sample from its Zoro Lithium Project located in the historic mining district of Snow Lake, Manitoba.

Foremost Lithium plans to extract a 500-kilogram bulk sample of spodumene-bearing pegmatite from Dyke 1 on its Zoro Lithium Project. The bulk sample will be shipped to a reputable third party for metallurgical testing and process development. A 2020 peer reviewed technical publication co-authored with SGS Mineral Services concluded that spodumene-bearing pegmatite from Zoro Dyke 1 can be processed using industry standard metallurgy to produce a 6% battery-grade lithium (Li_2O) concentrate.¹ The goal for the upcoming 500 kg bulk sample is to demonstrate that pegmatite from the Company’s Zoro Lithium Project is suitable to produce battery-grade lithium hydroxide (LiOH) thereby making it viable to market its lithium to strategic partners prior to development.

Scott Taylor, President and CEO of Foremost Lithium states “In addition to the Zoro Lithium Project, recently collected samples from our Jean Lake Lithium Project returned high-grade assays of 3.89% to 5.17% Li_2O %. Given the similarity in mineralogy of the Beryl pegmatite to Dyke 1 on the Zoro property, the potential to produce battery-grade lithium hydroxide from the Beryl pegmatite is a distinct possibility. As such, the extraction of a bulk sample at the Beryl pegmatite for purposes of third-party metallurgy is currently being planned. This is the first step in our journey and commitment to shareholders to deliver a secure domestic supply of battery-grade lithium hydroxide”

About Foremost Lithium

Foremost Lithium is an energy tech company driven to being one of the first North American Companies committed to produce high quality battery-grade lithium hydroxide domestically to fuel the electric vehicle battery market. Given the importance and global focus on increasing energy decarbonization, especially when it comes to vehicles, The Company is hyper-focused in continued exploration and growth on its three lithium properties, Jean Lake and Zoro located in Snow Lake, Manitoba, and Hidden Lake in the Northwest Territories. Foremost Lithium also holds assets in precious commodities with its Winston Gold/Silver Project in New Mexico, USA.

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The Canadian Securities Exchange has neither approved nor disapproved the contents of this news release and accepts no responsibility for the adequacy or accuracy hereof.

Forward Looking Statements

All statements in this press release, other than statements of historical fact, are "forward-looking information" with respect to Foremost within the meaning of applicable securities laws. Foremost provides forward-looking statements for the purpose of conveying information about current expectations and plans relating to the future and readers are cautioned that such statements may not be appropriate for other purposes. By its nature, this information is subject to inherent risks and uncertainties that may be general or specific and which give rise to the possibility that expectations, forecasts, predictions, projections or conclusions will not prove to be accurate, that assumptions may not be correct and that objectives, strategic goals and priorities will not be achieved. These risks and uncertainties include but are not limited to market conditions, exploration findings, results and recommendations, as well as those risks and uncertainties identified and reported in Foremost's public filings under Foremost's SEDAR profile at www.sedar.com. Although Foremost has attempted to identify important factors that could cause actual actions, events or results to differ materially from those described in forward-looking information, there may be other factors that cause actions, events or results not to be as anticipated, estimated or intended. There can be no assurance that such information will prove to be accurate as actual results and future events could differ materially from those anticipated in such statements. Foremost disclaims any intention or obligation to update or revise any forward-looking information, whether as a result of new information, future events or otherwise unless required by law.

ⁱ [1] Tassos Grammatikopoulos¹ & Massoud Aghamirian¹ & Mark Fedikow² & Toby Mayo³ Mineralogical Characterization and Preliminary Beneficiation of the Zoro Lithium Project, Manitoba, Canada. Received: 1 June 2020 /Accepted: 27 August 2020. Society for Mining, Metallurgy & Exploration Inc. 2020