

FOREMOST LITHIUM TO PRESENT AT SEQUIRE METALS & MINING CONFERENCE ON JANUARY 27TH, 2022 AT 4:30 PM - 4:55 PM EST

Vancouver British Columbia, January 21, 2022, Foremost Lithium Resource & Technology (CSE:FAT)(OTC Pink:FRRSF)(FSE:F0R0) (www.foremostlithium.com) (“Foremost” or the “Company”) is pleased to announce that it will be presenting virtually at the upcoming Sequire Metals & Mining Conference on Thursday, January 27th, at 4:30PM - 4:55PM ET.

Scott Taylor, President and CEO of Foremost Lithium will be presenting and taking 1x1 meetings

Event: Foremost Lithium Presentation at the Sequire Metals & Mining Conference

Date: Thursday, January 27th, 2022

Time: at 4:30PM – 4:55PM EST

Register to watch the presentation [HERE](#). Investors can also request 1x1 meetings with the Company on the event website where Scott Taylor will be joined by Dr. Mark Fedikow, VP of Exploration and Foremost Lithium’s QP

Summary of Sequire Metals & Mining Conference

With a massive uptick in the mining industry and electric vehicles on the rise, Sequire is spending the entire day with public mining companies and industry experts exploring possibilities, opportunities, and the latest news.

Scott Taylor comments *“I look forward to engaging with the investment community and feel fortunate to have Dr. Fedikow available to join me in some of these 1x1 sessions to answer investor questions as his knowledge of lithium geology is invaluable, as he was integral in our recent land acquisition in Snow Lake Manitoba.”*

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 four (4) lithium properties, Jean Lake, Grass River, 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.