

FOREMOST LITHIUM ENTERS STRATEGIC MARKETING AND ADVERTISING PARTNERSHIPS WITH INVESTING NEWS NETWORK AND RED CLOUD FINANCIAL SERVICES, RAISING INVESTOR AWARENESS IN THE GLOBAL MINING AND FINANCIAL SECTORS.

Highlands Ranch, Colorado, March 7, 2022, Foremost Lithium Resource & Technology Ltd. (CSE: FAT) (OTCQB: [FRRSF](#)) (FSE: F0R0 | WKN: A3DCC8) ("Foremost" or the "Company") (www.foremostlithium.com), is pleased to announce it has entered into an advertising and investor awareness campaign with Dig Media Inc. dba Investing News Network ("INN"). INN is a private company headquartered in Vancouver, Canada, dedicated to providing independent news and education to investors since 2007. For the 12 month term of the agreement having started on February 16, 2022, INN will provide advertising on its website to increase awareness of the issuer. INN does not provide Investor Relations or Market Making services. The cost of the campaign is CAD \$6,000 on a monthly basis. INN can be reached at 604-688-8231 or info@investingnews.com.

The Company further announces a second strategic partnership with Red Cloud Financial Services ("Red Cloud"). Red Cloud is an IIROC regulated dealer and a leading provider of financial services to the global mining sector, with headquarters in Toronto, Canada. The 12 month term of the agreement commenced on February 28, 2022 with a monthly fee of CAD \$10,000. Red Cloud will provide marketing and similar advisory services for the Company which include the marketing of the Company to targeted potential investors and their advisors, and the introductions between the Company and potential retail brokers and investment advisors, high-net worth individuals, traditional institutional investors and fund managers, private equity investors, as well as potential strategic corporate investors. Red Cloud can be reached at 1-844-621-1251, 1-647-792-7978 or info@redcloudfs.com.

About Foremost Lithium Resource & Technology Ltd.

Foremost Lithium is an energy technology company focused and committed to become one of the first North American Companies to produce high quality battery-grade lithium hydroxide. Lithium hydroxide is a strategic battery mineral mainly consumed in the production of cathode materials for lithium ion batteries. Lithium-based batteries power our daily use of consumer electronics, enable electrification of the transportation sector, and provide stationary grid storage, critical to developing the clean-energy economy. The Company is prudently and systematically exploring and building tonnage on its four 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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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.