

FOREMOST LITHIUM COMMENCES DRILLING OPERATIONS TO TEST 10 NEW TARGETS ON ITS ZORO LITHIUM PROJECT IN SNOW LAKE, MANITOBA

Highlands Ranch, Colorado - March 14, 2022, Foremost Lithium Resource & Technology Ltd. (CSE: FAT) (OTCQB: FRRSF) (FSE: F0R0) ("FAT" or the "Company") (www.foremostlithium.com), is pleased to announce that field operations have commenced for its ten (10) diamond drill hole ("DDH") 1,500-meter program. This is the first drilling program for the Company since 2018. The focus of this drill program is to test ten (10) new spodumene pegmatite targets on the **Zoro project**. Gogal Air Services (Snow Lake, Manitoba) has mobilized Bodnar Drilling of Sainte Rose du Lac, Manitoba to the FM-21-064 drill pad by helicopter to begin drilling. Gogal Air Services shall also provide rotary air support, core storage, and preparation facilities for the project. Drill core samples will be shipped to Activation Laboratories (Ancaster, Ontario) for assaying services. Drill and helicopter pads for each of the 10 holes were cut and prepared by Moss Linecutting of Snow Lake. Figure 1 below shows an image of the location of the FM-21-064 drill pad.



Figure 1 - Picture from Gogal Air Services helicopter mobilizing crew and equipment to the FM-21-064 drill pad



Figure 2 - picture of Gogal Air Services set-up for core logging and logistical command center.

Table 1 and Figure 3 illustrate the specific drill targets that will be tested for lithium oxide ($\text{Li}_2\text{O}\%$) mineralization. The expected host rocks for the lithium mineralization are spodumene-bearing pegmatite dykes. The locations of the drill holes are indicated by the **RED STARS** on **Figure 3**.

Table 1- Summary of 2022 Zoro property drill targets. All drill holes dip -50° degrees, trend 65° degrees except DDH FM22-60 which trends 245° degrees. The total depth of each hole is expected to be 150 meters.

Foremost Lithium Drill Hole Collar Location UTM and Coordinates (NAD83 Zone 14)			
DRILL HOLE	NAME	UTM EAST	UTM NORTH
1	FM22-64	459306	6081579
2	FM22-65	459175	6081481
3	FM22-66	459114	6081185
4	FM22-67	459997	6080468
5	FM22-68	460234	6079765
6	FM22-69	460176	6079680
7	FM22-70	459334	6079699
8	FM22-62	458931	6079786
9	FM22-63	458753	6079680
10	FM22-60	458597	6080125

Scott Taylor, President, and CEO of Foremost Lithium states: *"I'm pleased to confirm that we are now executing our drilling operations on Zoro. Foremost is finally getting back to work for its shareholders. The Company is anxious to test these 10 new high-quality targets for high grade lithium oxide (Li₂O) mineralization based upon data interpretation by our technical team headed up by Dr. Mark Fedikow. We seek to replicate this proven exploration approach and develop more drill targets for further extensive drilling in 2022. Results of the program will be released once available to keep shareholders fully up to date on any new discoveries."*

This 1,500-metre diamond drill hole program on the Zoro Lithium Property is being supported by the \$300,000 grant awarded in September to Foremost Lithium from the Manitoba Mineral Development Fund ("MMDF"). The MMDF was launched by the Government of Manitoba in August 2020 with the specific goal of jump-starting mineral and economic development initiatives throughout the province. The MMDF is administered through the Manitoba Chambers of Commerce and aims to support new economic development opportunities that capitalize on existing assets and infrastructure across Manitoba.

Technical information contained in the press release has been approved by the Company's VP of Exploration, Dr. Mark Fedikow, P. Geo, who is a "Qualified Person" within the meaning of National Instrument 43-101 *Standards of Disclosure for Mineral Projects*.

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 the daily use of consumer electronics, enable electrification of the transportation sector, and provide stationary grid storage, critical to developing a 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

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