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**FOREMOST LITHIUM TO ACQUIRE 100% INTEREST IN 25 ADDITIONAL HECTARES (62 ACRES)
IN SNOW LAKE, MANITOBA**

Vancouver, British Columbia, June 9 2022, Foremost Lithium Resource & Technology Ltd. (CSE: FAT) (OTCQB: [FRRSF](https://www.frrsf.com)) (FSE: FOR0 | WKN: A3DCC8) ("Foremost" or the "Company") (www.foremostlithium.com), is pleased to announce that it has entered into a binding agreement for the acquisition of 100% right, title and interest in and to those certain undersurface mineral rights comprising Manitoba Mineral Disposition No. MB3530 ("MB3530") from an arm's length vendor, (the "Vendor") subject to a 2% net smelter return royalty payable to the Vendor. MB3530 encompasses 25 hectares (62 acres) situated due North from the Company's Jean Lake project and due West of the Company's Zoro project. The Company shall pay to the Vendor on the closing date C\$8,000, and issue to the Vendor 18,181 common shares at a deemed price of C\$0.33 per common shares. Figure 1 below presents Foremost's cumulative land position in Snow Lake, Manitoba.

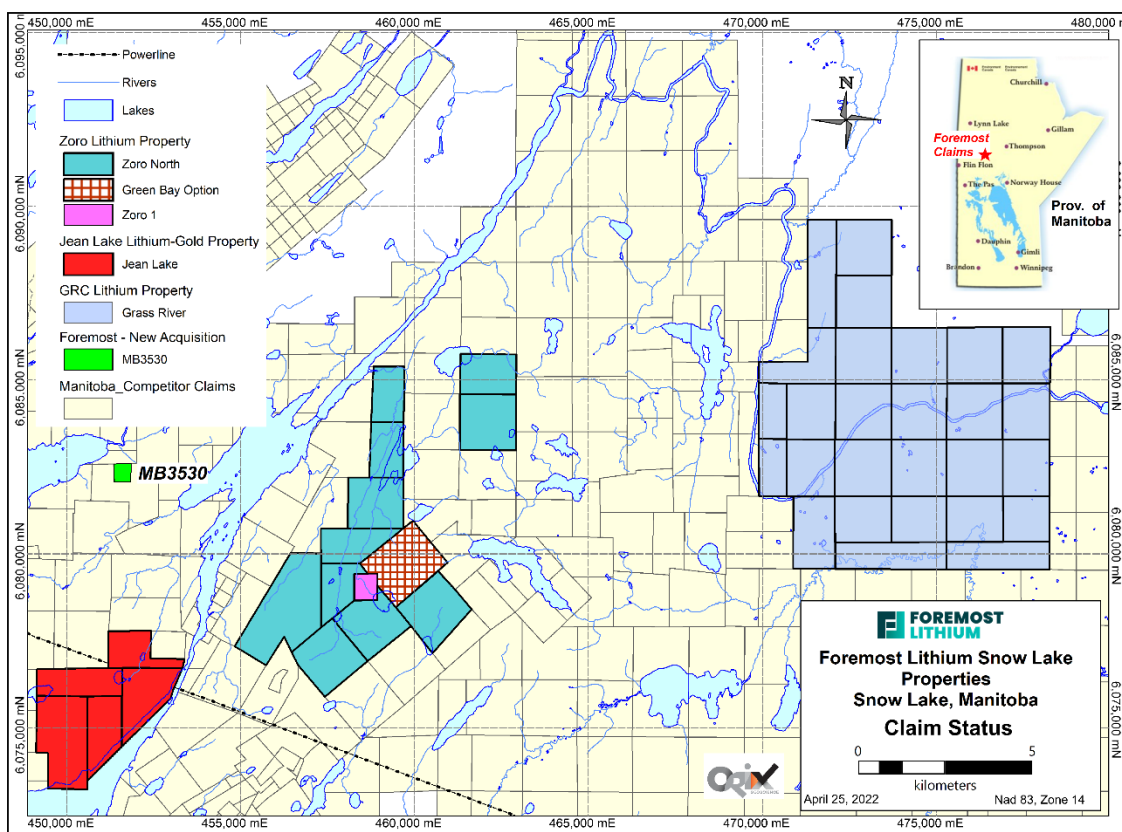


Figure 1 – Foremost Lithium’s updated cumulative land position. Claim MB3530 is the new land acquisition highlighted in green.

Technical information contained in this press release has been approved by the Company’s Vice President of Exploration 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 a resource exploration company driven to become one of the first North American Companies to produce high quality battery-grade lithium hydroxide domestically to fuel the electric vehicle and battery storage 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 lithium properties, Jean Lake, Grass River, and Zoro located in Snow Lake, Manitoba, and Hidden Lake in the Northwest Territories. Foremost also holds 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.

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