

Boosh Completes Studio Kitchen; Begins Filming Episodes

Vancouver, British Columbia--(Newsfile Corp. - August 30, 2021) - **Boosh Plant-Based Brands Inc.** (CSE: VEGI) (OTCQB: VGGIF) ("**Boosh**" or the "**Company**") is pleased to announce that it has completed its studio kitchen located at its greater Vancouver headquarters.

In January 2021, Boosh leased an 8,500 sq ft multi-purpose facility in greater Vancouver. The Company has been building out various aspects of the facility which include corporate offices, dry storage, freezer and refrigerated areas, and its studio which includes its filming kitchen and formal interview areas.

The studio will have interviews and guest appearances from local chefs, vegan athletes, and other trailblazers in the plant-based world. The completed videos and interviews will allow us to grow our online following and share our knowledge of adopting a plant-based lifestyle with individuals that may wish to learn more about alternative, plant-based eating styles.

Cannot view this video? Visit:

<https://www.youtube.com/watch?v=OOeKdNmJlpY>

Some of our regular programming will include:

Cooking with Boosh. This extended series will show how to use our products to create other healthy, nutritionally based meals. As an example, our new Boosh "Good Gravy" can easily be a cornerstone for a vegan holiday meal, and our own Boosh Chili for Chili Cheese Nachos for game day. All of our six frozen and three refrigerated entrées can be combined or adopted to create exceptionally healthy meals.

In addition, Boosh will be presenting "Veggie Hacks" which will be 15 to 30 second spots with unique, quality oriented, delicious plant-based recipes. Items in planning stages include fiery Szechwan green beans, ginger agave glazed carrots, garlic cashew cream alfredo and smokey stuffed portobellos.

In addition, our in-house nutritionist Haley Bellet will be presented, "Mind-Full of Health with Haley". Haley has a passion for food and promoting a healthy living lifestyle. She will be sharing her tips and advice for leading a productive, healthy, and balanced focused life.

"I studied to be a nutritionist and continued to grow my knowledge as the Wellness Manager at Nature's Fare market where I helped people take charge of their personal journey to heal and love, through

healthy food choices, supplementation, and other modalities. Nature's Fare was one of the first places you could find delicious Boosh meals which is how I was introduced to Boosh and am absolutely delighted to be part of this amazing, forward thinking, plant loving team," exclaims Haley.

The company has purchased commercial grade equipment including cameras lighting, software, and hardware, as well as retain on a consulting basis a filming and post-edit professional to allow Boosh to produce high quality, visually appealing and education content.

On behalf of the Board of Directors

Jim Pakulis
Chief Executive Officer
Telephone: (833) 882-6674
www.Booshfood.com

Investor Relations
Contact - Edge Communications Group
Email: invest@booshfood.com
Telephone: (236) 237-1315

About Boosh Plant-Based Brands Inc.:

Boosh Plant-Based Brands Inc., through its wholly owned subsidiary, Boosh Food (www.booshfood.com), is the gateway to experiencing high quality, non-GMO, gluten free, 100% plant-based nutritional comfort foods for the whole family. We currently offer six frozen meals which are sold throughout Canada, and now we're expanding our meals to include three refrigerated products. Boosh, good for you and good for planet earth.

The information in this news release includes certain information and statements about management's view of future events, expectations, plans and prospects that constitute forward looking statements. These statements are based upon assumptions that are subject to significant risks and uncertainties. Because of these risks and uncertainties and as a result of a variety of factors, the actual results, expectations, achievements or performance may differ materially from those anticipated and indicated by these forward looking statements. Forward-looking statements in this news release include, but are not limited to, the Company's proposed use of the proceeds of its initial public offering. Any number of factors could cause actual results to differ materially from these forward-looking statements as well as future results. Although the Company believes that the expectations reflected in forward looking statements are reasonable, it can give no assurances that the expectations of any forward looking statements will prove to be correct. Except as required by law, the Company disclaims any intention and assumes no obligation to update or revise any forward looking statements to reflect actual results, whether as a result of new information, future events, changes in assumptions, changes in factors affecting such forward looking statements or otherwise.

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