



September 13, 2021

CSE: VEGI
OTCQB: VGGIF
Frankfurt: 77I

Boosh Food Is Presenting Sponsor At PLANTED EXPO Vancouver

Boosh Plant-Based Brands Inc. (“Boosh” or the “Company”) (CSE:VEGI; OTCQB: VGGIF; Frankfurt: 77I) is pleased to announce that it has secured the Presenting level sponsorship position at the Planted Expo at the Vancouver Convention Centre West November 21st-22nd. More information can be found at www.PlantedLife.com/Vancouver.

The Planted Expo (formerly Veg Expo) is a popular consumer event and billed as Canada’s largest plant-based event of the year. The event houses over 200 vegan edible and lifestyle businesses in one location. All Boosh shareholders attending the show will receive a free swag bag including coupons for Boosh products as well as Boosh apparel.

“This is such an outstanding opportunity for Team Boosh to meet thousands of consumers looking to incorporate more plant-based foods into their diet. Our 2,000 sq ft booth is located in front of the stage and designed to be family oriented with games for the kids, lots of taste testing, guest chefs cooking up delicious treats, and our entire line of Boosh frozen and refrigerated meals available for purchase on the spot!” states founder Connie Marples.

“We look forward to seeing all of our shareholders, their family and friends in person, enjoying our Boosh products while receiving Company updates and meeting the team,” states CEO Jim Pakulis.

In other news, the Company announces that it has received approval to trade on the Frankfurt stock exchange under the symbol 77I.

The Company has issued two thousand five hundred (2,500) Options to its CFO, Maria Hussaini priced at Friday’s close on the CSE at \$1.18 per Option for a period of two years.

On behalf of the Board of Directors

Jim Pakulis

Chief Executive Officer

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www.Booshfood.com

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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