

# Boosh Settles \$190,000 In Debt

Vancouver, British Columbia--(Newsfile Corp. - August 5, 2022) - **Boosh Plant-Based Brands Inc.** (CSE: VEGI) (OTCQB: VGGIF) (FSE: 77i) ("**Boosh**" or the "**Company**") announces that it has entered into a settlement agreement with an arm's length third party for the settlement of \$191,428.52 in debt for services previously provided through the issuance of 1,519,274 common shares at a deemed price of \$\$0.126 per share.

All securities issued in the debt settlement are subject to a four month and one day hold period expiring on December 04, 2022.

Boosh Plant-based Brands continues its strong sales trajectory across Canada and the US with its premiere brand of better for you chips Beanfields, Boosh ready to eat meals and Amuse boosh vegan cheese and pate.

On behalf of the Board of Directors

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## About Boosh Plant-Based Brands Inc.:

Boosh Plant-Based Brands Inc., through its wholly owned subsidiary, Boosh Food ([www.booshfood.com](http://www.booshfood.com)), offers high quality, non-GMO, gluten free, 100% plant-based nutritional comfort foods for the whole family. Through a separate subsidiary, Beautiful Beanfields, the Company owns Beanfields, a plant-based chips brand sold in over 7,000 stores throughout North America. 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 expectations for additional financing, its plan for the proceeds of the placement. 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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