

Plant Veda Announces DTC Eligibility

Vancouver, B.C., October 22, 2021 – <u>Plant Veda Foods Ltd.</u> (CSE: MILK) (OTC: PLVFF) (XFRA: A3CS6B) (the "Company" or "Plant Veda"), an award-winning dairy-alternative company, is pleased to announce that it has obtained DTC eligibility by the Depository Trust Company ("DTC") for its shares traded on the OTC Pink Market under the symbol "PLVFF". The Company's common shares will continue to trade on the Canadian Securities Exchange under the symbol "MILK".

The DTC is a subsidiary of the Depository Trust & Clearing Corporation and manages the electronic clearing and settlement of publicly traded companies. Securities that are eligible to be electronically cleared and settled through DTC are considered "DTC eligible." This electronic method of clearing securities speeds up the receipt of stock and cash, and thus accelerates the settlement process for investors and brokers, enabling the stock to be traded over a much wider selection of brokerage firms by coming into compliance with their requirements. DTC eligibility is required to create a seamless electronic trading process and may thereby enhance the liquidity of the Company's shares.

Founder and CEO Sunny Gurnani states, "we are pleased to have obtained our DTC eligibility. This eligibility will simplify the process of trading shares in the USA, which will be beneficial to Plant Veda and our shareholders. With DTC eligibility, the increased accessibility and visibility is expected to attract greater investment and trading liquidity from American investors as our shares will be available to a broader range of investors as we continue to expand our business."

Marketing and Investor Relations Agreements

The Company also announces it has signed an agreement with Command Marketing Innovations to provide investor relations and digital marketing services. The terms are for the offering of services for one month beginning October 2021. As consideration for the agreement, the Company has made payments totalling US\$190,000.

The Company also announces it has revised its agreement with Clarkham Capital on providing investor relations and digital marketing services. The revised terms shall be through an extension of services between November 2021 and January 2022. As consideration for the amendment, the Company has made payments totalling €112,000.

About Plant Veda

<u>Plant Veda Foods Ltd.</u> has a mission to accelerate humanity's shift to a plant-based lifestyle. They remain clear in their goals, which is to improve the environment and humanity's overall health due to plant-based lifestyles. They have succeeded in creating award-winning plant-based dairy alternatives that are better than the original in terms of health and flavour. Plant Veda continues to shake up the dairy-free market by creating unique, one-of-a-kind products that leave their customers forgetting about dairy to begin with. Learn more at www.PlantVeda.com.

To subscribe to updates about Plant Veda, visit www.PlantVeda.com/pages/investors.

To find Plant Veda products at a location near you, visit www.PlantVeda.com/pages/store- locations.

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Forward-Looking Information

This news release contains "forward-looking information" within the meaning of applicable Canadian securities legislation. Often, but not always, forward-looking information and information can be identified by the use of words such as "plans", "expects" or "does not expect", "is expected", "estimates", "intends", "anticipates" or "does not anticipate", or "believes", or variations of such words and phrases or state that certain actions, events or results "may", "could", "would", "might" or "will" be taken, occur, or be achieved. Forward-looking information in this news release includes statements regarding the anticipated performance of Plant Veda's in the dairy-alternative industry, in addition to the following: Potential outcomes from DTC eligibility. The forward-looking information reflects management's current expectations based on information currently available and are subject to a number of risks and uncertainties that may cause outcomes to differ materially from those discussed in the forward-looking information. Although the Company believes that the assumptions and factors used in preparing the forwardlooking information are reasonable, undue reliance should not be placed on such information and no assurance can be given that such events will occur in the disclosed timeframes or at all. Factors that could cause actual results or events to differ materially from current expectations include: (i) adverse market conditions; (ii) changes to the growth and size of the dairy-alternative markets; and (iii) other factors beyond the control of the Company. The Company operates in a rapidly evolving environment. New risk factors emerge from time to time, and it is impossible for the Company's management to predict all risk factors, nor can the Company assess the impact of all factors on Company's business or the extent to which any factor, or combination of factors, may cause actual results to differ from those contained in any forward-looking information. The forward-looking information included in this news release are made as of the date of this news release and the Company expressly disclaims any intention or obligation to update or revise any forward-looking information whether as a result of new information, future events or otherwise, except as required by applicable law.

As each individual is different, the benefits, if any, of taking the Company's products will vary from person to person. No claims or guarantees can be made as to the effects of the Company's products on an individual's health and well-being. The Company's products are not intended to diagnose, treat, cure, or prevent any disease.

This news release may contain trademarked names of third-party entities (or their respective offerings with trademarked names) typically in reference to (i) relationships had by the Company with such third-party entities as referred to in this release and/or (ii) client/vendor/service provider parties whose relationship with the Company is/are referred to in this release. All rights to such trademarks are reserved by their respective owners or licensees.