Plant Veda Recruits Greg Smith as VP of Global Sales, a Consumer Goods Professional

Greg Brings over 35 Years of Consumer Packaged Goods Experience

Vancouver, B.C., March 10, 2022 – <u>Plant Veda Foods Ltd.</u> (CSE:MILK) (OTC:PLVFF) (XFRA:A3CS6B) (the "Company" or "Plant Veda"), an award-winning dairy-alternative food manufacturer, is pleased to welcome Greg Smith as its Vice President of Global Sales.

On November 9, 2021, the Company announced the hiring of Plant Manager Mehdi Gohardehi to ramp up production. https://www.plantveda.com/blogs/news/plant-veda-prepares-to-ramp-up-production-by-hiring-veteran-plant-manager-mehdi-gohardehi.

In preparing for increased production, the Company has hired Greg Smith to assist with increasing distribution by leveraging his existing strong relationships with major retailers such as Costco and Save-On-Foods, to mention a few. Greg brings over 35 years of consumer packaged goods experience, having worked for such companies as Ocean Brands, Silver Hills Organic Breads, Canada Bread, and Clover Leaf Seafood.

He has been responsible for Strategic Development, Consumer Marketing, New Product Development, International Procurement, Corporate Development, and has successfully led sales expansion programs in North American and international markets.

Greg is an accomplished speaker through his work with Toastmasters International and has lent his expertise in the classroom with training organizations such as Dale Carnegie and Junior Achievement. He holds a BBA in Marketing from Simon Fraser University in British Columbia.

"I have spent my professional career in the packaged food industry and have seen many changes in consumers requirements and desires," Greg stated. "Today's consumers, through health education, are more aware and concerned about what their bodies absorb. They read ingredient labels more than ever. Plant Veda's products are designed to provide the purest of whole foods for health conscious individuals. I am impressed with the high quality standards that Plant Veda adheres to and am pleased to be part of the team. I feel we have the right products at the right time."

"As our Vice President of Sales, Greg will lead Plant Veda's sales and customer growth strategies, while driving strong top and bottom line impacts across the organization," stated Sunny Gurnani, CEO of Plant Veda. "As an experienced and successful sales executive with a deep understanding of the consumer packaged goods industry, Greg brings proven revenue generation capability to Plant Veda. I am very pleased to be able to add another strong team member and welcome Greg. We are constantly striving to enhance our team and product offerings—this represents another step in that goal."

About Plant Veda (CSE:MILK) (OTC:PLVFF) (XFRA:A3CS6B)

<u>Plant Veda Foods Ltd.</u> has a mission to accelerate humanity's shift to a plant-based lifestyle. We remain clear in our goals: to improve the environment and humanity's overall health through plant-based consumption. Our Company has succeeded in creating award-winning plant-based dairy alternatives, continuing to shake up the dairy-free market by creating unique, one-of-a-kind products that leave our customers forgetting about dairy to begin with.

Learn more at www.PlantVeda.com.

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<u>www.PlantVeda.com/pages/store-locations</u>.

Facebook, Twitter, Instagram, YouTube

Company Contact: Aaron Wong, Director

Email: <u>Aaron@PlantVeda.com</u> Number: 778-840-9664

Investor Relations:

Email: Investors@PlantVeda.com

Number: 778-383-6737

Media Contact:

Email: Media@PlantVeda.com

Forward-Looking Statements

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 increased sales, but there is no assurance that Greg Smith V.P. of Marketing will increase sales. 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 forward-looking 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 forwardlooking 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.