

Plant Veda's PlantGurt Awarded Best in Show at Planted Expo

The spoonable yogurt will be soon available in certain locations in Whole Foods.

Vancouver, B.C., June 15 , 2022 – Plant Veda Foods Ltd. (CSE:MILK) (OTC:PLVFF) (XFRA:A3CS6B) (the “Company” or “Plant Veda”), an award-winning dairy-alternative food manufacturer, announces its newest product addition, PlantGurt was awarded the Best in Show in the snack category at Planted Expo on June 5, 2022.

Planted Expo was Canada's largest plant-based event of the year where over 200 vegan edible and lifestyle businesses gathered in one place along with a stage packed with insightful, informative, inspirational speakers from around the world. This year's event attracted over 10,000 attendees.

As the highlight of the event, attendees sampled hundreds of products and cast their votes for the Best in Show Awards in 5 categories including lifestyle, snack, sip, savoury and sweet. Plant Veda's mango version of the spoonable yogurt (with real mango chunks) took home the award in the snack category. PlantGurts are formulated with a combination of oats, cashews, peas and coconut agave and real fruit to bring the wholesome nutrition and taste without adding refined ingredients.

The PlantGurt will soon be available to consumers in certain Whole Foods Market locations in British Columbia.

“Developing plant based yogurts which have the right texture and taste is very difficult and I am very thankful to our team for working hard to constantly improve the formulation” stated Sunny Gurnani, CEO of Plant Veda. “I am looking forward to a successful launch of our yogurts at Whole Foods.”

"I really liked Plant Veda's new mango yogurt with real mango chunks. Congratulations to team Plant Veda on winning the best in show snack and bringing their best to the show," added Stevan Mirkovich, Co-owner of Plant.

The Company also announces that Michael Yang has tendered his resignation as a Director and President of the Company, and the Company's Chief Executive Officer, Sunny Gurnani, will fill the vacancy on the board and assume the role of President. The entire Plant Veda organization thanks Mr. Yang for his past service and commitment to our vision. The Company is pleased to advise that Mr. Yang will continue to advise Mr. Gurnani during the transition period as he takes responsibility for his new roles.

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

Plant Veda Foods Ltd. 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 all together.

Learn more at www.PlantVeda.com.

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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 the anticipated launch of PlantGurt products in Whole Foods Market locations. 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 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.

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