

Planting Hope Reveals New Products and Packaging at Natural Products Expo West 2022

CHICAGO, IL and VANCOUVER, BC / ACCESSWIRE / March 10, 2022 – The Planting Hope Company Inc. (TSXV: MYLK) (FRA: J94) ("Planting Hope" or the "Company"), a plant-based food and beverage company focused on producing the world's most nutritious and planet-friendly products, is excited to reveal its new products and packaging this week at Natural Products Expo West 2022 from March 9th to 12th in Anaheim, California.

Mozaics™ Real Veggie Chips have unveiled three new vegan 'plant-based dairy' flavors: Sour Cream & Onion, White Cheddar, and Spicy Buffalo. Similar to the existing line of Mozaics™ flavors (Sea Salt, BBQ, and Salsa), the new flavors will also be available in 3.5 oz 'share' bags and 0.75 oz single serving bags.







In addition, Hope and Sesame® has unveiled the new packaging and samples of its Sesamilk™ creamers in three unsweetened flavors: Original, Vanilla, and Hazelnut. Notably, Sesamilk™ creamers are free from saturated fat, as compared with dairy half-and-half creamer, which contains 2g of saturated fat per two tablespoon serving (10% of the recommended daily value in the U.S.). All three Hope and Sesame® Sesamilk™ creamers will be available in two formats: refrigerated 16 oz bottles and shelf-stable recyclable Tetra Pak 330 ml cartons.



"We are excited to bring new breakthrough products to the market, including our Sesamilk™ creamers and Mozaics™ new vegan 'plant-based dairy' flavors," says Julia Stamberger, CEO and Co-founder of Planting Hope. "By constantly expanding our product lines to consumers, Planting Hope raises the bar for innovation, offering vegans and flexitarians more plant-based, 'better-for-you', and delicious food and beverage products."

The new products are expected to be available to consumers this spring.

Mozaics™ Real Veggie Chips

- #1 ingredient = real veggies
- Popped (not fried!) and full of flavor (Sea Salt, BBQ, Salsa, Sour Cream & Onion, White Cheddar, and Spicy Buffalo)
- 3 grams of plant protein and 3 grams of dietary fiber per serving
- No cholesterol or trans fats; half the fat of kettle potato chips or veggie straws
- Certified Kosher
- Certified Gluten-Free
- Non-GMO Project Verified

Hope and Sesame® Sesamilk™ Creamers

- Vegan / Soy-Free / Dairy-Free / Gluten-Free Certified / Kosher Certified
- Only 40 calories per serving
- No saturated fat
- Delicious in any hot or iced drink, great as an alternative to half-and-half in recipes
- Certified Kosher
- Certified Gluten-Free
- Non-GMO Project Verified
- Vegan certified plant-based by the Plant Based Foods Association

Sesame – One of the Most Sustainable Crops on the Planet

- Requires little water to cultivate, thrives in drought conditions
- Bee-friendly, self-pollinating
- An excellent cover crop, contributing positively to sustainable agriculture

About Hope and Sesame®

Hope and Sesame® has cracked the code on unlocking the dense nutrition in tiny sesame seeds, creating an important new trend in plant milk: sesamemilk, both ultra-nutritious and highly planet-friendly. Sesame is sustainable, requiring very little water to cultivate, is naturally drought- and pest-resistant, and can self-pollinate. Sesamemilk is nutritionally comparable to dairy milk, delivering 8g of complete protein per serving (including all nine essential amino acids) − that's 8x the protein in most nut milks and 3x the protein in most oat milks! Specifically developed for and tested by top baristas, Hope and Sesame® Barista Blend froths, steams, and foams like a dream, great for latte art, and delivers 4g of complete protein per 8 oz serving. Sesamemilk is an excellent source of Vitamin D and calcium and is upcycled from the byproduct of sesame oil extraction. Hope and Sesame® Sesamilk™ creamers are free from saturated fat and only 40 calories per serving. All Hope and Sesame® products are vegan, Certified Gluten-Free and Certified Kosher, free from soy and dairy, Non-GMO Project Verified, and Certified by the Plant Based Foods Association. Hope and Sesame® was awarded Best Milk Alternative and Best Plant-Based Sustainability in FoodBev's

2021 World Plant-Based Food Awards and signature Chocolate Hazelnut flavor received the 2020 Sofi Award for Best New Product, Plant-Based Milk from the Specialty Food Association.

About Mozaics™

Mozaics™ Real Veggie Chips deliver a tasty crunch that you can feel great about with 3g to 4g of plant protein per serving and 2-3g of dietary fiber. Our #1 ingredients are veggies you can see in each popped chip with vegan flavors including Sea Salt, BBQ, and Salsa, as well new 'plant-based dairy' options: White Cheddar, Sour Cream & Onion, and Spicy Buffalo. Big taste, big nutrition, guilt-free – now that's a REAL veggie chip. Mozaics™ come in both 0.75oz single serving bags and 3.5oz 'share' size, and are packaged in NEO Plastics sustainable packaging film, which biodegrades in landfills without special handling, releasing a harvestable biogas energy source. Mozaics™ products are Certified Kosher, Gluten-Free, and Non-GMO Project Verified. Mozaics™ have been recognized as NEXTY 2020 Finalist, Best New Salty/Savory Snack; as Mindful Food Awards/Best Veggie Chip; and as a Snaxpo Finalist.

About The Planting Hope Company Inc.

Planting Hope develops, launches, and scales uniquely innovative plant-based and planet-friendly food and beverage brands. Planting Hope's award-winning and cutting-edge products fill key unmet needs in the skyrocketing plant-based food and beverage space. The Planting Hope brand family includes Hope and Sesame® Sesamemilk, RightRice® Veggie Rice, Mozaics™ Real Veggie Chips, and Veggicopia® Veggie Snacks. Founded by experienced food industry entrepreneurs, Planting Hope is a women-managed and womanled company with a focus on nutrition, sustainability, and diversity. For more information visit: www.plantinghopecompany.com.

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This news release contains "forward-looking statements" or "forward-looking information" (collectively referred to hereafter as "forward-looking statements") within the meaning of applicable Canadian securities legislation. All statements that address activities, events, or developments that the Company expects or anticipates will, or may, occur in the future, including statements about the Company's ability to execute on its goals, the timing pertaining to these goals, the potential demand for the Company's products, the timing and success of anticipated product launches and distribution of the Company's products, and the Company's business prospects, future trends, plans and strategies. In some cases, forward looking statements are preceded by, followed by, or include words such as "may", "will," "would", "could", "should", "believes", "estimates", "projects", "potential", "expects", "plans", "anticipates", "continues", or the negative of those words or other similar or comparable words. In preparing the forward-looking statements in this news release, the Company has applied several material assumptions, including, but not limited to, the assumption that demand for the Company's product will be sustained or increase in accordance with management's projections, that the Company's current business objectives can be achieved and that its other corporate activities will proceed as expected, and that general business and economic conditions will not change in a materially adverse manner. Although the management of the Company believes that the assumptions made and the expectations represented by such statements are reasonable, there can be no assurance that any forward-looking statement herein will prove to be accurate. Forward-looking statements involve known and unknown risks, uncertainties, and other factors which may cause the actual results, performance, or achievements of the Company to be materially different from any future results, performance, or achievements expressed or implied by such forward-looking statements. Although management of the Company has attempted to identify important factors that could cause actual results to differ materially from those contained in forward-looking information, there may be other factors that cause results not to be as anticipated, estimated, or intended. Risks and uncertainties applicable to the Company, as well as trends identified by the Company affecting its industry can be found in the Company's annual information form dated January 6, 2022 and the Company's continuous disclosure record available on SEDAR at www.sedar.com. Such cautionary statements qualify all forward-looking statements made in this news release. The Company undertakes no obligation to update or revise any forward-looking statements, whether as a result of new information, future events, or otherwise, except as required by applicable law.