



## The Planting Hope Company Inc. Commences Trading on the TSX-V

CHICAGO, IL and VANCOUVER, B.C. / ACCESSWIRE / November 18, 2021 – The Planting Hope Company Inc. (TSX-V: MYLK) (“Planting Hope” or the “Company”) is pleased to announce that its subordinate voting shares (“Shares”) are now trading on the TSX Venture Exchange (the “TSX-V”) under the stock symbol “MYLK”.

"Today marks an exciting and important milestone as investors can now participate actively in the skyrocketing growth of plant-based food and beverages worldwide by investing in a women-managed and -led company focused on nutrition, sustainability and representation," said Julia Stamberger, CEO and Co-Founder of Planting Hope. "The plant-based movement is transforming the food and beverage industry, becoming a preference for many consumers. We've cracked the code on plant milk with our flagship sesamemilk – super nutritious, with more protein than almond and oat milk. We believe the plant-based milk industry is primed and ready for disruption and we're thrilled to be at the forefront."

### Key Highlights:

- Plant-based food and beverage company focused on producing the world's most nutritious and planet-friendly products.
- All-women Board and C-suite, one of the first on any listed exchange in Canada and amongst very few globally.
- Planting Hope is disrupting the plant-based milk industry with its sesamemilk – all the nutrition, none of the dairy and it's sustainable for the planet. Sesamemilk requires 95% less water than almond milk and 75% less water than oat milk. Sesamemilk contains a full 8 grams of complete protein per serving, which is comparable to dairy milk and eight times the protein in most almond and nut milks, double the protein in most oat milks.
- The plant-based milk market is exploding, driven by rise of flexitarianism (flexible vegetarians), global health awareness, environmental and sustainability concerns, animal welfare concerns and rates of lactose intolerance and dairy allergies.
- An ESG-focused and sustainable company: nutrition, sustainability and representation, mapped to six UN Sustainable Development Goals.

### 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 cutting-edge products fill key unmet needs in the skyrocketing plant-based food and beverage space. Founded by experienced food industry entrepreneurs, Planting Hope is a women-managed and woman-led company with a focus on nutrition, sustainability and diversity. For more information visit: [www.plantinghopecompany.com](http://www.plantinghopecompany.com).

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