

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

Name of Listed Issuer: ParcelPal Technology Inc. (the "Issuer").

Trading Symbol: PKG

Date: January 9, 2017

1. New Options Granted:

Date of Grant: January 9, 2017

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Viktor Rudik	Consultant	No	50,000	\$0.20	01/09/2020	Nil

Total Number of optioned shares proposed for acceptance: 50,000 .

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares ⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Jason Moreau	250,000	\$0.05	11/6/2015	11/6/2018
Martin Woodward	150,000	\$0.05	11/6/2015	11/6/2018
Ben Catalano	150,000	\$0.05	11/6/2015	11/6/2018
Kelly Abbott	100,000	\$0.05	11/6/2015	11/6/2018
Shane Erno	100,000	\$0.05	11/6/2015	11/6/2018
Paul Dickson	100,000	\$0.05	11/6/2015	11/6/2018
0947334 BC Ltd.	100,000	\$0.05	11/6/2015	11/6/2018
K-Street Finance Ltd.	250,000	\$0.10	12/18/2015	12/18/2018

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FORM 11 – NOTICE OF PROPOSED STOCK OPTION GRANT
OR AMENDMENT

Dylan McRoberts	5,000	\$0.10	12/18/2015	12/18/2018
Dylan McRoberts	125,000	\$0.15	02/05/2016	02/05/2019
Raymond Moen	25,000	\$0.26	04/21/ 2016	04/21/ 2019
Ian Tostenson	200,000	\$0.23	07/05/2016	07/05/2019
Yari Nieken	200,000	\$0.12	11/18/16	11/18/19
Kelly Abbott	200,000	\$0.12	11/18/16	11/18/19
Jason Moreau	200,000	\$0.12	11/18/16	11/18/19
Dylan McRobert	100,000	\$0.12	11/18/16	11/18/19
Glenn Kerr	100,000	\$0.12	11/18/16	11/18/19
Paul Woodward	100,000	\$0.12	11/18/16	11/18/19
Michael Gnagy	125,000	\$0.12	11/18/16	11/18/19
Michael Trinqu	125,000	\$0.12	11/18/16	11/18/19
Derrick Lewis	150,000	\$0.19	12/08/16	12/08/19
Brett Toothill	250,000	\$0.19	12/08/16	12/08/19
Gerry Gray	250,000	\$0.19	12/12/16	12/12/2019
Brett Toothill	30,000	\$0.19	12/12/16	12/12/2019
Derrick Lewis	50,000	\$0.20	01/05/2017	01/05/2020
Peter Hinam	100,000	\$0.20	01/05/2017	01/05/2020

(1) Set out number of optioned shares for each grant with different terms.

3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held.

Not applicable.

- (b) State the date of the news release announcing the grant of options.

Not applicable

- (c) State the total issued and outstanding share capital at the date of grant or amendment.

28,788,558 issued and outstanding common shares as at the date of grant.

- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options.

12.45%

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FORM 11 – NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan.
2,052,711 options remaining issuable as at the date of grant.
- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.
Not applicable.
- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer.
Not applicable.

4. Certificate of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated January 9, 2017

Kelly Abbott
Name of Director or Senior
Officer

/s/Kelly Abbott
Signature

President and Director
Official Capacity