



Plant Veda Showcased at TEDWomen 2021

Plant Veda's Products Were Featured At This Event

Vancouver, B.C., December 7, 2021 – [Plant Veda Foods Ltd.](#) (CSE:MILK) (OTC:PLVFF) (XFRA:A3CS6B) (the “Company” or “Plant Veda”), an award-winning dairy-alternative food manufacturer, was, for a second time in a row, invited to showcase its products at TEDWomen, in Palm Springs, California. The event took place from December 1-3, 2021.

Hundreds of attendees, including some of the world’s most influential women, were able to enjoy Plant Veda’s award-winning products. [TEDWomen](#) is a conference about the power of women and girls to be creators and change-makers.

“This occasion celebrates the increasing contribution women bestow upon the world, both personally and corporately,” stated Vanita Gurnani, Co-Founder and Director of Product Innovation for Plant Veda. “This year has seen a new record of female CEO’s within the Fortune 500 at 8.2%, with this number expected to grow to 15% by 2025. Our strong brand reputation positions us well amongst those who seek to have an impact in the world. Our entire company was honoured to participate and support this prestigious convention.”

“TED” stands for Technology, Entertainment, Design. TEDWomen 2021 was a three-day program that included six sessions of TED Talks, comfortable simulcast spaces, group dinners and parties, workshops and activities. Particularly, the program of speakers, workshops —events as well as daring discussions — have sparked some of TED's most iconic moments yet.

Marketing and Investor Relations Agreements

The Company also announces it has made payments totalling US\$50,000 to Sideways Frequency to provide future marketing and advertising services. The original terms of the agreement were for the continuous offering of services between November 2021 – February 2022.

About TED

TED is a nonprofit organization devoted to Ideas Worth Spreading, often in the form of short talks delivered by leading thinkers and doers. Many of these talks are given at TED conferences, intimate TED Salons and thousands of independently organized TEDx events around the world. Videos of these talks are made available, free, on TED.com and other platforms. Audio versions of TED Talks are published to TED Talks Daily, available on all podcast platforms.

TED's open and free initiatives for spreading ideas include TED.com, where new TED Talk videos are posted daily; TEDx, which licenses thousands of individuals and groups to host local, self-organized TED-style events around the world; the TED Fellows program, which selects innovators from around the globe to amplify the impact of their remarkable projects and activities; The Audacious Project, which surfaces and funds critical ideas that have the potential to impact millions of lives; TED Translators, which crowdsources the subtitling of TED Talks so that big ideas can spread across languages and borders; and the educational initiative TED-Ed. TED also offers TED@Work, a program that reimagines TED Talks for workplace learning. TED also has a growing library of original podcasts, including The TED Interview with Chris Anderson, WorkLife with Adam Grant, Far Flung with Saleem Reshamwala and How to Be a Better Human.

Follow TED on [Twitter](#), [Facebook](#), [Instagram](#) and on [LinkedIn](#).

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, which is 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 shaking 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.

To subscribe to updates about Plant Veda, visit www.PlantVeda.com/pages/investors.

To find Plant Veda products at a location near you, visit www.PlantVeda.com/pages/store-locations.

Follow Plant Veda on [Facebook](#), [Twitter](#), [Instagram](#), and [YouTube](#).

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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 performance of Plant Veda’s products in the dairy-alternative industry, in addition to the following: Potential outcomes from Plant Veda’s products being showcased at TEDWomen’s Conference and potential outcomes from additional investor relations or marketing efforts. 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.

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.