

PANGEA NATURAL FOODS INC.

PANGEA ADDS PLANT-BASED CHIKKEN NUGGETS TO ITS LINEUP OF INNOVATIVE PRODUCTS

Vancouver, British Columbia, September 29, 2022 – Pangea Natural Foods Inc. (CSE: PNGA) (“**Pangea**” or the “**Company**”), a natural food company, today announced the launch of Pangea Chikken Nuggets, a protein-rich vegan meat alternative.

The Company’s vegan Chikken Nuggets are made with three types of pea protein and are free of GMO ingredients, fillers, antibiotics, hormones, and bioengineered ingredients. This is the Company’s second plant-based product, after the Pangea Plant-Based Patties.

The global vegan food market is projected to grow from US\$26.16 billion in 2021 to US\$61.35 billion in 2028 at a CAGR of 12.95% in the forecasted period of 2021-2028. The global vegan food market is projected to grow from \$26.16 billion in 2021 to \$61.35 billion in 2028 at a CAGR of 12.95% in forecast period, 2021-2028.¹

“We are excited to launch another plant-based product given the immense growth that the sector is experiencing globally. Understanding consumer lifestyle and food trends, and a commitment to innovation, allows our team to continuously introduce new products, such as the Chikken Nuggets, to the market.” says Pangea CEO Pratap Sandhu, “The Pangea Chikken Nuggets are the perfect meat alternative because they taste great, they are healthy, and are packed with iron, and calcium. Plus, each nugget has 21 grams of protein.”

Pangea offers a broad portfolio of innovative healthy food products that taste great and are sustainably sourced. Pangea’s signature products include the Pangea Plant-Based Patties, Old Fashioned Ghee and Munchie Mix, which are available on the Company’s website and in over 250 leading national retail food stores across Canada and the United States.

The Company manufactures their products in-house at their Vancouver Lower Mainland facility. The Company’s facility has been approved by both the Canadian Food Inspection Agency and the U.S. Food and Drug Administration.

About Pangea Natural Foods Inc.

Pangea Natural Foods Inc. is a food manufacturing company focused on manufacturing and distributing high quality food products that are nutritious and free of GMO ingredients, fillers, antibiotics, hormones, and bioengineered ingredients.

On Behalf of the Board of Directors

¹ <https://www.fortunebusinessinsights.com/vegan-food-market-106421>

(signed) "Pratap Sandhu"

Pratap Sandhu

CEO, Corporate Secretary and Director

For further information, please visit the Company's website at www.pangeafood.com or contact:

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Forward-Looking Information

This news release includes certain statements and information that constitute forward-looking information within the meaning of applicable Canadian securities laws, including statements regarding the Company's plans to expand distribution of its products throughout North America and expectations regarding the Company's growth. Generally, forward-looking statements and information can be identified by the use of forward-looking terminology such as "intends," "anticipates," "it is expected," or variations of such words and phrases, or statements that certain actions, events or results "may," "could," "should," or "would" occur.

Forward-looking statements are based on certain material assumptions and analyses made by management of the Company and the opinions and estimates of management of the Company as of the date of this news release, including that the Company will be able to widen the distribution of its products in North America and that the Company's business will grow. Although the Company considers these assumptions to be reasonable based on information currently available to them, they may prove to be incorrect, and the forward-looking statements in this release are subject to numerous risks, uncertainties and other factors that may cause future results to differ materially from those expressed or implied in such forward-looking statements. Such risk factors may include, among others, that the Company will not be able to expand its distribution network, and the other risks and uncertainties applicable to the Company and the business of the Company as set forth in the Company's final long form prospectus dated June 20, 2022 and its other disclosure available under the Company's profile at www.sedar.com.

There can be no assurance that the transactions contemplated in this news release will complete. 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 statements or forward-looking information, there may be other factors that cause results not to be as anticipated, estimated or intended. There can be no assurance that such statements will prove to be accurate, as actual results and future events could differ materially from those anticipated in such statements. Accordingly, readers should not place undue reliance on forward-looking statements and forward-looking information. Readers are cautioned that reliance on such information may not be appropriate for other purposes. The Company does not intend, and does not assume any obligation, to update these forward-looking statements or information to reflect changes in assumptions or changes in circumstances or any other events affecting such statements and information other than as required by applicable laws, rules and regulations. We seek safe harbor.