

The Very Good Food Company Announces Listing On Frankfurt Stock Exchange

Vancouver, British Columbia--(Newsfile Corp. - July 27, 2020) - The Very Good Food Company Inc. (CSE: VERY) ("**VGFC**" or the "**Company**") is pleased to announce that its common shares were accepted for listing on the Frankfurt Stock Exchange (FSE) under the trading symbol (0SI). The Company's common shares are now cross-listed on the Canadian Securities Exchange (CSE) and the FSE.

CEO Mitchell Scott stated that: "Since our initial listing in Canada, we have been fortunate to receive inquiries from investors internationally. The team has been moving as quickly as possible to make our shares available to investors outside of Canada, and the Frankfurt listing is a key milestone in that process".

The Company believes that the FSE listing will help increase trading liquidity and facilitate investment in the Company by institutional and retail investors in Europe.

The FSE is the world's third largest organized exchange-trading market in terms of turnover and dealing in securities, and the largest stock exchange in Germany. The FSE facilitates advanced electronic trading, settlement and information systems allowing it to meet the growing requirements of cross-border trading.

About The Very Good Food Company

The Very Good Food Company Inc. is an emerging plant-based food technology company that designs, develops, produces, distributes and sells a variety of plant-based meat and other food alternatives. Our mission is to employ plant-based food technology to create products that are delicious while maintaining a wholesome nutritional profile. To date we have developed a core product line under The Very Good Butchers brand.

For further information, please contact:

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Neither the Canadian Securities Exchange nor its Market Regulator (as defined in the policies of the Canadian Securities Exchange) accept responsibility for the adequacy or accuracy of this release.

Cautionary Note Regarding Forward-Looking Information

This news release contains forward-looking information. Such forward-looking statements or information are provided for the purpose of providing information about management's current expectations and plans relating to the future. Readers are cautioned that reliance on such information may not be appropriate for other purposes. Any such forward-looking information may be identified by words such as "proposed", "expects", "intends", "may", "will", and similar expressions. Forward-looking

information contained or referred to in this news release includes, but may not be limited to the Company's belief that the FSE listing will increase trading liquidity and facilitate investment in the Company by institutional and retail investors in Europe.

Forward-looking statements or information are based on a number of factors and assumptions which have been used to develop such statements and information, but which may prove to be incorrect. Although the Company believes that the expectations reflected in such forward-looking statements or information are reasonable, undue reliance should not be placed on forward-looking statements because the Company can give no assurance that such expectations will prove to be correct. Factors that could cause actual results to differ materially from those described in such forward-looking information include, but are not limited to: negative cash flow and future financing requirements to sustain operations, dilution, limited history of operations and revenues and no history of earnings or dividends, competition, economic changes and the impact of and risks associated with the ongoing COVID-19 pandemic. The forward-looking information in this news release reflects the current expectations, assumptions and/or beliefs of the Company based on information currently available to the Company.

Any forward-looking information speaks only as of the date on which it is made and, except as may be required by applicable securities laws, the Company disclaims any intent or obligation to update any forward-looking information, whether as a result of new information, future events or results or otherwise. The forward-looking statements or information contained in this news release are expressly qualified by this cautionary statement.

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