

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

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

Trading Symbol: PKG

Date: March 22, 2019

1. New Options Granted:

Date of Grant: February 14, 2019

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
Yabucoa Partners Corp.	Consultant	N	500,000	\$0.295	Feb 14-2024	0
			500,000			

Total Number of optioned shares proposed for acceptance: 500,000.

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Raymond Moen	25,000	\$0.26	21-Apr- 2016	21-Apr-2019
Ian Tostenson	200,000	\$0.23	5-Jul- 2016	5-Jul-2019
Derek Lewis	150,000	\$0.19	8-Dec- 2016	8-Dec-2019
Brett Toothill	250,000	\$0.19	8-Dec- 2016	8-Dec-2019
Brett Toothill	30,000	\$0.19	12-Dec- 2016	12-Dec-2019
Peter Hinam	100,000	\$0.20	5-Jan- 2017	5-Jan-2020
Peter Hinam	100,000	\$0.14	5-May- 2017	5-May-2020
Various	250,000	\$0.16	1-Jun- 2017	1-Jun-2020
Peter Hinam	100,000	\$0.16	1-Jun- 2017	1-Jun-2020
Ian Tostenson	50,000	\$0.16	1-Jun- 2017	1-Jun-2020
Imtiaz Ahmed	100,000	\$0.10	17-Nov- 2017	17-Nov-2022
Gerry Grey	50,000	\$0.10	17-Nov- 2017	17-Nov-2022
Various	350,000	\$0.18	28-Nov- 2017	28-Nov-2022
David Langlias	200,000	\$0.18	28-Nov- 2017	28-Nov-2022
Peter Hinam	500,000	\$0.17	6-Dec- 2017	6-Dec-2022
Devon Brown	300,000	\$0.17	6-Dec- 2017	6-Dec-2022
Kelly Abbott	300,000	\$0.17	6-Dec- 2017	6-Dec-2022
Kelly Abbott	800,000	\$0.315	23-Jan- 2018	23-Jan-2023
Peter Hinam	150,000	\$0.315	23-Jan- 2018	23-Jan-2023
Dylan McRobert	649,000	\$0.315	23-Jan- 2018	23-Jan-2023
Fat Pitch Capital Corp.	250,000	\$0.315	23-Jan- 2018	23-Jan-2023
Corbin Lowe	50,000	\$0.315	23-Jan- 2018	23-Jan-2023
Gerry Grey	200,000	\$0.315	23-Jan- 2018	23-Jan-2023
Frankie Lucci	50,000	\$0.235	01-May- 2018	01-May-2023
Vikas Ranjan	500,000	\$0.24	01-May- 2018	01-May-2023
Virginia Johnson	25,000	\$0.20	28-June- 2018	28-June-2023
Dylan McRobert	100,000	\$0.20	28-June- 2018	28-June-2023
Mike Hinam	200,000	\$0.20	28-June- 2018	28-June-2023
Charles McGee	300,000	\$0.21	15- Aug- 2018	15-Aug- 2023
Katelyn Stratichuk	100,000	\$0.21	15- Aug- 2018	15-Aug- 2023
Amel Storseth	200,000	\$0.27	31-Aug- 2018	31-Aug- 2013
1791572 Alberta Ltd.	200,000	\$0.27	31-Aug- 2018	31-Aug- 2013
1831635 Alberta Ltd.	300,000	\$0.27	31-Aug- 2018	31-Aug- 2013

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Name of Optionee	No. of Optioned Shares⁽¹⁾	Exercise Price	Original Date of Grant	Expiry Date
Mark Hauk	150,000	\$0.27	31-Aug- 2018	31-Aug- 2013
1127261 BC Ltd.	700,000	\$0.27	31-Aug- 2018	31-Aug- 2013
Alain Philip Dupere	250,000	\$0.27	31-Aug- 2018	31-Aug- 2013
Benjamin Thomas Lobb	100,000	\$0.26	22-Nov- 2018	22-Nov- 2023
Matthew Henley	50,000	\$0.26	22-Nov- 2018	22-Nov- 2023
Brian Storseth	750,000	\$0.25	Dec 3- 2018	Dec 3- 2023
Suneela Chopra	300,000	\$0.25	Dec 13- 2018	Dec 13- 2023
Mena Beshay	200,000	\$0.25	Dec 13- 2018	Dec 13- 2023
Gagandeep Luddu	100,000	\$0.25	Dec 13- 2018	Dec 13- 2023
Affinity Enterprises Ltd.	750,000	\$0.25	Dec 13- 2018	Dec 13- 2023
Total	10,479,000			

(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.

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

N/A

(c) State the total issued and outstanding share capital at the date of grant or amendment. 77,605,353

(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. 14.15%

(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. 2,290,142

(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. N/A

(g) Describe the particulars of any proposed material changes in the affairs of the Issuer.

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 March 22, 2019.

Kelly Abbott
Name of Director or Senior Officer

"Kelly Abbott"
Signature

CEO
Official Capacity