

FORM 7

MONTHLY PROGRESS REPORT

Name of CNSX Issuer: **NHS INDUSTRIES LTD.** (the "Issuer", "NHS", we" or "our").

Trading Symbol: **NHS**

Number of Outstanding Listed Securities: **96,163,602**

Date: **May 13, 2020**

Report on Business

1. *Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month.*

NHS and Plenty-full Food Services Ltd.

NHS owns a 5.5 acre site (the "Langley Site") in Langley, BC that is home to greenhouses that provide 48,000 square feet of growing area under glass that provide year round growing capability and also houses over 80,000 cubic yards of peat soil for planting. The current facilities use approximately 1.5 acres of the Langley Site.

NHS Industries Ltd. (CSE:NHS) (the "Company" or "NHS") has acquired all of the issued and outstanding shares of Plenty-Full Food Services Ltd. ("Plenty-Full") in February 2020, a privately held meal preparation start-up company based in Richmond, BC. The acquisition will accelerate the Company's strategic plans to expand into the food services industry and to build a food facility from its Langley farm property. The Company will provide public announcements on when Plenty-full will commence to provide its ready to eat food products to the general public. The management believes that Plenty-full shall start marketing and selling these products sometime in June 2020.

Announced Financing

In February 2020, the Company announced that it is conducting a private placement offering of up to 20,000,000 units at a price of \$0.05 per unit for gross proceeds of up to \$1,000,000. Each unit shall consist of one common share in the capital of the Company and one common share purchase warrant. Each warrant will entitle the holder thereof to acquire one common share of the Company at a price of \$0.10 per warrant share for a period of 24 months following completion of the financing. subject to a number of conditions, including, without limitation, receipt of all regulatory approvals. All securities issued pursuant to the offering will be subject to a statutory hold period of four months and one day, and subject to regulatory approval. The Company intends to use the net proceeds of the offering for general corporate purposes. Throughout the month of March and April, the Company is still continuing on its efforts in completing some of the financing announced.

2. *Provide a general overview and discussion of the activities of management.*

See Item 1.

3. *Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.*

Through the acquisition of Plenty-full in February of 2020, the Issuer will be offering meal prep kits, ready to serve and ready to eat meal kits to both business entities and to the general public. The Issuer will provide more announcements shortly on the new products and services to be offered.

4. *Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.*

This does not apply to the Issuer.

5. *Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.*

See Item 1.

6. *Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.*

This does not apply to the Issuer.

7. *Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.*

This does not apply to the Issuer.

8. *Describe the acquisition of new customers or loss of customers.*

This does not apply to the Issuer.

9. *Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trade-marks.*

See Item 1.

10. *Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.*

This does not apply to the Issuer.

11. *Report on any labour disputes and resolutions of those disputes if applicable.*

This does not apply to the Issuer.

12. *Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.*

This does not apply to the Issuer.

13. *Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.*

This does not apply to the Issuer.

14. *Provide details of any securities issued and options or warrants granted.*

Security	Number Issued	Details of Issuance	Use of Proceeds(1)
Nil	Nil		

(1) State aggregate proceeds and intended allocation of proceeds.

15. *Provide details of any loans to or by Related Persons.*

This does not apply to the Issuer.

16. *Provide details of any changes in directors, officers or committee members.*

As at the date of this report, the directors and officers of the Issuer were as follows:

- Mr. Robert Nygren, Director & Chief Executive Officer
- Mr. Anthony Chan, Director, Chief Financial Officer
- Mr. Ming Chiang, Director & Chief Strategic Officer
- Mr. Carman Parente, Director, President

17. *Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.*

The current global Coronavirus crisis may result in a positive impact to the Plenty-full's current meal prep kit business and its future ready to serve and ready to eat meal kits business. Many restaurants would be closed during the crisis and consumers would end up ordering more of these meal prep kits or the ready to serve and ready to eat kits for direct delivery to their home.

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 were is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to CNSX 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 CNSX Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated May 13, 2020

Robert Nygren

Name of Director or Senior Officer

/s/ Robert Nygren

Signature

Director and CEO

Official Capacity

Issuer Details Name of Issuer NHS INDUSTRIES LTD.	For Month End March 31, 2020 and April 30, 2020	Date of Report YY/MM/DD 2020/05/13
Issuer Address Unit 114B – 8988 Fraserton Court		
City/Province/Postal Code Burnaby, BC V5J 5H8	Issuer Fax No. n/a	Issuer Telephone No. (888) 346-5153
Contact Name Mr. Robert Nygren	Contact Position CEO	Contact Telephone No. (888) 346-5153
Contact Email Address info@nhsindustries.ca	Web Site Address www.nhsindustries.ca	