



NHS INDUSTRIES APPOINTS NATASHA SEVER AS CFO, ANNOUNCES NAME CHANGE

VANCOUVER, B.C. – JULY 19TH, 2021 – NHS INDUSTRIES LTD. (CSE: NHS) (OTC: NNHF) (THE "COMPANY" OR "NHS") is pleased to announce the appointment of Natasha Sever as Chief Financial Officer, effective immediately.

Ms. Sever is a CPA designated in both Canada and Australia with a BCom from Edith Cowan University. She joins the company with more than 10 years of experience in senior finance roles over a wide range of industries, including consumer goods, technology, mining and retail, most recently leading the finance department at Squish Candies; a Canadian Candy manufacturer offering vegan-alternative, plant-based products available online and at 240 retail locations across Canada including Saks off 5th, Hudson Bay Company and David's Tea. Ms. Sever has held officer positions at a number of publicly listed companies in both Canada and Australia and has a proven record of working in alignment with and to the benefit of the board and associated stakeholders. Her extensive experience with company financings as well as ASX, TSX and CSE regulatory compliance will serve to ensure the company manages its affairs in a transparent and proper fashion.

The Company has accepted the resignation of Anthony Chan as Chief Financial Officer. Mr. Chan shall remain on the Company's Board of Directors.

Name Change

Further, the Board has approved a name change of the Company from "NHS Industries Ltd." to "**Feel Foods Ltd.**" and the ticker symbol in which it trades on the Canadian Securities Exchange ("CSE") to "**FEEL**". The Company will issue a further news release announcing the effective date in which the Company will commence trading under the new name, symbol and CUSIP number. The name change remains subject to CSE approval.

Finder's Fee Correction

Further to the Company's news release dated June 28, 2021, the Company wishes to correct the terms of 390,915 finder's warrants issued in connection with the non-brokered private placement closed on June 28, 2021. 390,915 finder's warrants shall be exercisable into one unit (a "Unit") for a period of 24 months at a price of \$0.20 per Unit. Each Unit will consist of one common share in the capital of the Company and one non-transferable common share purchase warrant, entitling the holder thereof to purchase one additional common share of the Company at an exercise price of \$0.30 in year one and \$0.45 in year two, subject to accelerated expiry as outlined in the June 28 news release.

About NHS Industries Ltd.

NHS is an agri-food holdings company focused on innovative products and technologies in the food services industry including its wholly owned Be Good plant-based foods line up of plant-based chicken, pork and beef products as well as is currently investing in the research and development of keto-friendly plant-based candy products.

Robert Nygren
Chief Executive Officer

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Certain statements contained in this press release constitute "forward-looking information" as such term is defined in applicable Canadian securities legislation. The words "may", "would", "could", "should", "potential", "will", "seek", "intend", "plan", "anticipate", "believe", "estimate", "expect" and similar expressions as they relate to the Company, are intended to identify forward-looking information. All statements other than statements of historical fact may be forward-looking information. Such statements reflect the Company's current views and intentions with respect to future events, and current information available to them, and are subject to certain risks, uncertainties and assumptions, including, without limitation: the potential of the Company's mineral properties; the estimation of capital requirements; the estimation of operating costs; the timing and amount of future business expenditures; and the availability of necessary financing. Many factors could cause the actual results, performance or achievements that may be expressed or implied by such forward-looking information to vary from those described herein should one or more of these risks or uncertainties materialize. Such factors include but are not limited to: changes in economic conditions or financial markets; increases in costs; litigation; legislative, environmental and other judicial, regulatory, political and competitive developments; and exploration or operational difficulties. This list is not exhaustive of the factors that may affect forward-looking information. These and other factors should be considered carefully, and readers should not place undue reliance on such forward-looking information. Should any factor affect the Company in an unexpected manner, or should assumptions underlying the forward-looking information prove incorrect, the actual results or events may differ materially from the results or events predicted. Any such forward-looking information is expressly qualified in its entirety by this cautionary statement. Moreover, the Company does not assume responsibility for the accuracy or completeness of such forward-looking information. The forward-looking information included in this press release is made as of the date of this press release and the Company undertakes no obligation to publicly update or revise any forward-looking information, other than as required by applicable law.