

Ritual Superfoods Announces Grant of Stock Options

March 8, 2021

VANCOUVER, March 8, 2021 – Ritual Superfoods Inc. (“Ritual” or the “Company”) (CSE: RSF; RSF.WT) is pleased to announce that it has issued a total of 1,025,000 options pursuant to its long term incentive plan (“Plan”) to management, employees, and consultants. Each option entitles the holder to subscribe for one common share of the Company at a price of \$0.54 for a period of 5 years, subject to the terms of the Plan. The options vest one quarter four months from grant date and one quarter every three months thereafter

About Ritual

Ritual Superfood’s plant-based elixirs support immunity, focus and relaxation. Under the executive leadership with over 100 years of consumer packaged goods pedigree, Ritual plans to launch in North America in Q2 2021 as the company positions itself to be a leader in the functional health and wellness industry. Ritual’s superfood elixirs can be found online at www.rritual.com.

For further information please contact:

Ritual Superfoods Investors Relations

Tel: 1-604-394-2082

Email: investors@wearerritual.com

Forward-Looking Statements

This press release may contain forward-looking information within the meaning of applicable securities legislation, which reflects the Company’s current expectations regarding future events. Forward-looking information is based on a number of assumptions and is subject to a number of risks and uncertainties, many of which are beyond the Company’s control, which could cause actual results and events to differ materially from those that are disclosed in or implied by such forward-looking information. Forward-looking information is based on a number of assumptions and is subject to a number of risks and uncertainties, many of which are beyond the Company’s control, which could cause actual results and events to differ materially from those that are disclosed in or implied by such forward-looking information. Such risks and uncertainties include, but are not limited to, the completion of the Offering and related transactions, the use of proceeds of the Offering, the future results for the Company and the factors discussed under “Risk Factors” in the Final Prospectus of the Company dated February 26, 2021. The Company does not undertake any obligation to update such forward-looking information, whether as a result of new information, future events or otherwise, except as expressly required by applicable law.