



HEMPCO FOOD AND FIBER INC. Symbol: TSX.V - HFF

FOR IMMEDIATE RELEASE

Vancouver, BC, Canada

Friday, July 8, 2016

Hempco Food and Fiber Inc: Featured on CEO Clips on The Documentary Channel

Hempco Food and Fiber Inc. ("Hempco") is pleased to announce that CEO Clips, a series which profiles the most innovative publicly traded companies in North America, will feature Hempco on The Documentary Channel beginning from July 11 to July 24, Monday through Friday, throughout the day and evenings. It can also be viewed online via this link: <http://www.b-tv.com/hempco-ceo-clip/>.

In addition it will be posted on these financial portals: [BNN.ca Finance](#), [Thomson Reuters Insider Network](#), [Stockhouse](#), [YouTube](#), as well as on [BTV/CEO Clips](#).

About The Documentary Channel

"Documentary is a digital television station devoted to showing the best documentaries from Canada and around the world. With its special emphasis on feature length films, watching Documentary is like having a cinema in your own living room, showing award winning films twenty-four hours a day, seven days a week."

About Hempco

Hempco® is recognized as a "company that cares" and guarantees that its customers, all over North America, Europe and Asia, are provided the finest hemp seed foods possible. Hempco® has grown its business significantly and is generating value and profits for shareholders.

We seek Safe Harbor.

ON BEHALF OF THE BOARD

"Charles Holmes"

Charles Holmes

Chief Executive Officer

HEMPCO FOOD AND FIBER INC.

FOR MORE INFORMATION, PLEASE CONTACT:

Don Mosher, Marketing Executive
604-685-6465

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Statements in this press release regarding the Company which are not historical facts are "forward-looking statements" that involve risks and uncertainties. Such information can generally be identified by the use of forwarding-looking wording such as "may", "expect", "estimate", "anticipate", "intend", "believe" and "continue" or the negative thereof or similar variations. Since forward-looking statements address future events and conditions, by their very nature, they involve inherent risks and uncertainties such as the risk that the closing may not occur for any reason. Actual results in each case could differ materially from those currently anticipated in such statements due to factors such as the decision of the TSXV to reject any grant of options or any person to act as investor relation service providers. Except as required by law, the Company does not intend to update any changes to such statements.