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# NEWS RELEASE

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

For Immediate Release

Vancouver, BC

October 6, 2016

## COMPARATIVE MONTHLY SALES REPORT RECORD SALES IN MONTH OF SEPTEMBER

Vancouver, British Columbia, Canada – Thursday, October 6, 2016 – Hempco Food and Fiber Inc. (TSXV: HFF) (“Hempco” or the “Company”) is pleased to announce that sales for the Company’s products have been growing.

The following is a summary of approximate monthly bulk and retail sales (all figures unaudited):

### Bulk hemp foods sales and PLANETHEMP brand retail products sales

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Total
<b>Bulk</b> 2015/2016	\$279K	\$434K	\$249K	\$209K	\$183K	\$540K	\$415K	\$632K	\$949K	\$809K	\$351K	\$531K	\$5.6M
<b>Bulk</b> 2016/2017	\$1M												
<b>Retail</b> 2016/2017	\$1K												

### Fiscal year end August 31

The summer period saw a traditional modest decline in sales but bounced back up significantly with September 2016 being a strong month – setting a Company record of over \$1,000,000 in sales. The Company’s pipeline includes supplying hulled hemp seed nut/hearts to Seoulution Corp. pursuant to the recently announced new \$9,000,000 contract.

Hempco is making progress on launching a retail line of products. September 2016 was the official launch of PLANETHEMP brand retail products in the UK and Canada. Hempco looks forward to providing more details of this retail product line launch in due course.

We seek Safe Harbor.

### ON BEHALF OF THE BOARD

“Charles Holmes”

Charles Holmes

Chief Executive Officer

HEMPCO FOOD AND FIBER INC.



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