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NEWS RELEASE

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

TSX Venture Tier 2 Company

For Immediate Release

Vancouver, BC

Thursday, November 17, 2016

HEMPCO Announces Stock Ticker Symbol Change to “HEMP” on the TSXV

HEMPCO FOOD AND FIBER INC. (TSXV: HEMP) (“HEMPCO”) is pleased to announce that effective at the opening today, HEMPCO® trading symbol on the TSX Venture Exchange has changed from HFF to HEMP.

“Just over 100 years ago, hemp was the largest domesticated crop on earth. We are very excited to see the growth in the industry and the resurgence of hemp as the greatest plant resource for humans. Our name and new ticker symbol says it all!” said HEMPCO® CEO, Charles Holmes.

No action is required to be taken by current shareholders in connection with the change, and no change has been made to HEMPCO’s share capital. There is no change in the company’s name, no change in its CUSIP number and no consolidation of capital. The Company is classified as an ‘Industrial’ company.

HEMPCO® is to be featured on CEO clips, airing on BNN. CEO Clips, profiles some of the most innovative publicly traded companies in North America and will feature this clip <http://www.b-tv.com/hempco-commercial/> on BNN beginning Oct 2016. Business News Network (BNN) is Canada’s only all business specialty channel with real time coverage of global market activity from a Canadian perspective.

About HEMPCO

HEMPCO® and the Holmes family are trusted and respected pioneers, innovators and providers of premier hemp seed foods for more than 15 years. 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. The HEMPCO® mandate has grown to “whole crop utilization” and is investigating hemp fiber and hemp CBD nutraceuticals to create a “tri-crop” opportunity for farmers. HEMPCO® has grown its business significantly and is generating value and profits for shareholders.

We seek Safe Harbor.



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ON BEHALF OF THE BOARD

"Charles Holmes"

**Charles Holmes
Chief Executive Officer
HEMPCO FOOD AND FIBER INC.**

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Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

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.