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NEWS RELEASE

HEMPCO FOOD AND FIBER INC.

TSX.V Symbol: HEMP

For Immediate Release

Vancouver, BC

Date: January 9, 2017

COMPARATIVE MONTHLY SALES REPORT

Vancouver, British Columbia, Canada – Monday, January 9, 2017 – Hempco Food and Fiber Inc. (TSXV: HEMP) (“Hempco®”) is pleased to announce its monthly sales report. For the current month Bulk Sales total \$777,000 and Retail Sales total \$47,000 for a December sales total of \$824,000*.

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

Bulk hemp foods sales and PLANETHEMP brand retail products sales

	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Total
Bulk 2015/2016	\$279K	\$434K	\$249K	\$209K	\$183K	\$540K	\$415K	\$632K	\$949K	\$809K	\$351K	\$190K	\$5.24M
Bulk 2016/2017	\$1M*	\$870K*	\$223K*	\$777K*									\$2.87M*
Retail 2016/2017	\$1K*	\$50K*	\$5K*	\$47K*									\$103K*

Fiscal year end August 31

PLANETHEMP - Awarded Food & Drink Matters “Company of the YEAR!”

Hempco® was recognized for its delicious, nutritious and innovative PLANETHEMP premier food products launch in the UK. <http://www.foodmatterslive.com/who-s-there/exhibitors/planet-hemp> “The Hempco team has worked hard for this achievement and is honoured to have been chosen. It’s great to see hemp foods get recognized. It’s a wonderful shot in the arm for us.” says CEO, Charles Holmes.

Watch our interview on BNN with Andrew Bell held on Thursday Dec 8, 2016.

<http://www.b-tv.com/hempco-commercial/>

<http://www.bnn.ca/video/hemp-fights-back-after-century-in-the-shadows~1012386>

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.**

FOR MORE INFORMATION, PLEASE CONTACT:

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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.