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NEWS RELEASE

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

For Immediate Release

Vancouver, BC

Date: February 17, 2017

CHANGE IN OFFICERS AND DIRECTORS

Vancouver, British Columbia, Canada – Friday, February 17, 2017 – Hempco Food and Fiber Inc. (TSXV: HEMP) (“Hempco®”) has changed its Chief Financial Officer (CFO) and accepted the resignation of Director, Praveen Varshney.

An Amendment to the February 23, 2017 AGM circular has been sent out to show Praveen Varshney, current CFO, removed as delegate for re-election as Director.

“We wish to thank Praveen and the Varshney Capital team in leading us through our initial private round of funding, successful listing and financing on the TSX Venture Exchange and our over-subscribed follow on financing post listing,” says Charles Holmes, Chief Executive Officer. “His advice and guidance has been in valuable to get us to this point of growth.”

Hempco® welcomes John Charles Ross, M.B.A., CPA, CA as the new CFO. John, a financial management professional comes to Hempco® from Bay Street in Toronto with 28 years of private and public company experience, 17+ years working with high growth and early stage companies on worldwide projects. Demonstrated ability to streamline business operations that drive growth and increase efficiency, as well as bottom-line profit. Strong qualifications in the implementation and development of financial controls and processes. Possessing solid leadership, communication and interpersonal skills. Working the most recent 9+ years as a self employed consultant.

John is presently consulting to:

U3O8 Corp., Xtra-Gold Resources Corp., South American Silica Corp., Vertichem Corp., Niagara Ventures Corporation.

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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