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NEWS RELEASE

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

For Immediate Release

Vancouver, BC

Date: March 7, 2017

COMPARATIVE MONTHLY SALES REPORT

Vancouver, British Columbia, Canada – Tuesday, March 7, 2017 – Hempco Food and Fiber Inc. (TSXV: HEMP) (“Hempco®”) is pleased to announce its monthly sales (value shipped) report. For the current month Bulk Sales total to \$173k* and Retail Sales total to \$10k* for a February sales total of \$183k*.

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	\$1.m*	\$870k*	\$223k*	\$777k*	\$1.1m*	\$173k*							\$4.14m*
Retail 2016/2017	\$1k*	\$50k*	\$5k*	\$47k*	\$3k*	\$10k*							\$116K*

Fiscal year end August 31

\$4.26 M in Sales for 6 Months of 2017 Fiscal Year

“We are nearly equal in sales to all of last year, in the first 6 months of sales this year. The Hempco® team is working diligently to keep increasing bulk and PLANETHEMP retail sales.” says CEO, Charles Holmes. “Processing is still the bottle neck and we are anxiously working to leasehold improvement delays and get the new facility in Nisku Alberta running as soon as possible.”

PLANETHEMP – \$69K Purchase Order from Mexico

Last week Hempco received an initial Purchase Order from an established distributor to the healthy foods markets in Mexico. An exclusivity contract is pending discussions.

Watch our interview on BNN with Andrew Bell.

<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.**

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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.

Vancouver BC, Canada