



the seed of possibility

NEWS RELEASE

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

For Immediate Release

Vancouver, BC

Date: October 5, 2017

HEMPCO GRANT OF OPTIONS

Vancouver, British Columbia, Canada – Thursday, October 5, 2017 – Hempco Food and Fiber Inc. (TSX.V: HEMP) (“Hempco” or the “Company”) today provided an update on the Company’s operational progress.

Stock Option Grant

The Company announces that it has granted 150,000 stock options (the “Options”) to a new Director, at an exercise price of \$0.60 per Option. Each Option will have an exercise term of three (3) years and vesting will be determined by management.

About Hempco

For more than 12 years Hempco has been a trusted and respected pioneer, innovator and provider of premier hemp seed foods. Hempco is committed to developing hemp foods, hemp fiber and hemp nutraceuticals, a whole crop utilization “tri-crop” opportunity for producers and processors. Hempco is expanding its processing ability to meet global demands in a 56,000 sq. ft. facility located at Nisku, Alberta. Hempco’s common shares trade on the TSX Venture Exchange under the symbol “HEMP”. Hempco has grown its business significantly and is generating value and profits for shareholders.

ON BEHALF OF THE BOARD

Charles Holmes
Chief Executive Officer
HEMPCO FOOD AND FIBER INC.
charles@hempcocanada.com

FOR MORE INFORMATION, PLEASE CONTACT:

John Ross, Chief Financial Officer
HEMPCO FOOD AND FIBER INC.
john@hempcocanada.com
P: 647-291-4234



the seed of possibility

NEWS RELEASE

The 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.