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NEWS RELEASE

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

For Immediate Release

Vancouver, BC

Date: February 22, 2018

Hempco Food and Fiber a 2018 TSX Venture 50™ Award Winner

Vancouver, British Columbia, Canada – Thursday, February 22, 2018 – Hempco Food and Fiber Inc. (TSX.V: HEMP) (“**Hempco®**” or the “**Company**”) is pleased to announce that the Company has been recognized in the 2018 TSX Venture 50™ as one of the top performing companies in the diversified industries sector.

Every year, the TSX Venture 50™ ranks the top performers on the TSX Venture Exchange by share price appreciation, trading volume and market capitalization growth. The winning companies have achieved impressive growth over the past year, offered a strong return to their shareholders, and are actively traded on the market.

“We are honoured to be recognized in the 2018 TSX Venture 50™, which we believe to be a validation of our positioning and long-term strategy,” said Diane Jang, CEO. “As consumer demand for plant-based protein and whole food nutrition continues to show strong positive momentum, we anticipate that a growing number of people will seek to incorporate hemp-based foods and food supplements into their diet. In addition, with the introduction of the new Cannabis Act likely only months away, we will be able execute on our whole plant utilization strategy. Hempco is exceptionally well positioned to capitalize on these opportunities and pursue accelerated growth.”

A full list of winners will be available this morning from 8:30am ET at www.tsxventure50.com.

About TSX Venture 50™

The TSX Venture 50™ are the top 10 companies listed on the TSX Venture Exchange, in each of the five major industry sectors - mining, oil & gas, clean technology & life sciences, diversified industries and technology - based on a ranking formula with equal weighting given to return on investment, market cap growth, trading volume and analyst coverage. All data was as of December 31, 2017.

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 “tri-crop” opportunity for producers and processors. Hempco is expanding its processing ability to meet global demands in a 56,000sq. ft. facility located at Nisku, Alberta. Hempco’s common shares trade on the TSX Venture Exchange under the symbol “HEMP”.



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ON BEHALF OF THE BOARD

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This news release includes statements containing certain "forward-looking information" within the meaning of applicable securities law ("forward-looking statements"). Forward-looking statements are frequently characterized by words such as "plan", "continue", "expect", "project", "intend", "believe", "anticipate", "estimate", "may", "will", "potential", "proposed" and other similar words, or statements that certain events or conditions "may" or "will" occur. Forward-looking statements in this press release include the Company's anticipation of further growth, its expectation that continued spot inspections by the Canadian Food Inspection Agency will strengthen its standing as a trusted supplier, its intent to achieve the BRC Global Standard for Food Safety and its efforts to implement these standards at its Nisku, Alberta facility, its expectation that the Nisku facility will be operational by Winter 2017/2018, and its belief that the investment agreement with Aurora will be approved by its shareholders and help accelerate further growth. These statements are only predictions. Various assumptions were used in drawing the conclusions or making the projections contained in the forward-looking statements throughout this news release. Forward-looking statements are based on the opinions and estimates of management at the date the statements are made, and are subject to a variety of risks and uncertainties and other factors that could cause actual events or results to differ materially from those projected in the forward-looking statements. The Companies are under no obligation, and expressly disclaims any intention or obligation, to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise, except as expressly required by applicable law.

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.