



For immediate distribution

**GOODFOOD ANNOUNCES ADDITION OF
TERRY YANOFSKY TO ITS BOARD OF DIRECTORS**

Montreal, Québec, May 13, 2019 – Goodfood Market Corp. (the “**Company**” or “**Goodfood**”) (TSX:FOOD) announced today that Ms. Terry Yanofsky has joined the Company’s Board of Directors.

“We are extremely pleased to welcome Ms. Yanofsky to the Board of Directors of Goodfood,” said Donald Olds, the Company’s Lead Director. “Her omni-channel background in both entrepreneurial and corporate environments, as well as her wealth of experience with some of the world’s top lifestyle brands will be an invaluable asset to the Company.”

Ms. Yanofsky is the Senior Vice-President, General Manager of Sephora Canada and a seasoned retail executive known for her strategic leadership and disciplined approach to driving revenue. She has over 30 years of experience working with rapidly growing big-name international retailers. Prior to joining Sephora, Ms. Yanofsky spent five years at L Brands in Canada and China and prior to that, she worked at New Look Eyewear, Intrawest Corporation and Ikea Canada.

“I am very excited to join the Board of Directors of such a fast growing and entrepreneurial Company, which is truly revolutionizing how Canadians are eating every day, while contributing to its community,” said Terry Yanofsky. “I’m looking forward to being able to support Jonathan Ferrari and Neil Cuggy, as well as the entire Goodfood management team, as we work towards achieving our strategic objectives.”

About Goodfood

Goodfood is a leading home meal solutions company in Canada, delivering fresh ingredients that make it easy for subscribers to prepare delicious meals at home every week. Goodfood’s objective is to take the hassle out of cooking, leaving subscribers with the fun part - cooking, sharing with family and eating. Subscribers select their favorite recipes from a variety of original dishes online. The Company prepares a personalized box of fresh ingredients and delivers it to the subscriber's doorstep with easy step-by-step instructions. The Company has its main production facility and administrative offices based in Montreal, Quebec, and a second production facility in Calgary, Alberta. Goodfood had 159,000 active subscribers as of February 28, 2019. www.makegoodfood.ca

For further information:

Investors

Philippe Adam, Chief Financial Officer
(855) 515-5191
IR@makegoodfood.ca

Media

Pierre Boucher, Vice President
(514) 731-0000
pierre@maisonbrison.com

Caution Regarding Forward-Looking Statements

This release contains forward-looking information” within the meaning of applicable Canadian securities legislation. Such forward-looking information includes, but is not limited to, information with respect to our objectives and the strategies to achieve these objectives, as well as information with respect to our beliefs, plans, expectations, anticipations, estimates and intentions. This forward-looking information is identified by the use of terms and phrases such as “may”, “would”, “should”, “could”, “expect”, “intend”, “estimate”, “anticipate”, “plan”, “foresee”, “believe”, or “continue”, the negative of these terms and similar terminology, including references to assumptions, although not all forward-looking information contains these terms and phrases. Forward-looking information is provided for the purposes of assisting the reader in understanding the Company and its business, operations, prospects and risks at a point in time in the context of historical and possible future developments and therefore the reader is cautioned that such information may not be appropriate for other purposes. Forward-looking information is based upon a number of assumptions and is subject to a number of risks and uncertainties, many of which are beyond our control, which could cause actual results to differ materially from those that are disclosed in or implied by such forward-looking information. These risks and uncertainties include, but are not limited to, the following risk factors which are discussed in greater detail under “Risk Factors” in the Company’s annual information form for the year ended August 31, 2018 available on SEDAR at www.sedar.com: limited operating history, negative operating cash flow, food industry, quality control and health concerns, regulatory compliance, regulation of the industry, public safety issues, product recalls, damage to Goodfood’s reputation, transportation disruptions, product liability, ownership and protection of intellectual property, evolving industry, unionization activities, reliance on management, factors which may prevent realization of growth targets, competition, availability and quality of raw materials, limited number of products, environmental and employee health and safety regulations, online security breaches and disruption, reliance on data centers, open source license compliance, future capital requirements, operating risk and insurance coverage, management of growth, conflicts of interest, litigation, and catastrophic events. Although the forward-looking information contained herein is based upon what we believe are reasonable assumptions, readers are cautioned against placing undue reliance on this information since actual results may vary from the forward-looking information. Certain assumptions were made in preparing the forward-looking information concerning availability of capital resources, business performance, market conditions, and customer demand. Consequently, all of the forward-looking information contained herein is qualified by the foregoing cautionary statements, and there can be no guarantee that the results or developments that we anticipate will be realized or, even if substantially realized, that they will have the expected consequences or effects on our business, financial condition or results of operation. Unless otherwise noted or the context otherwise indicates, the forward-looking information contained herein is provided as of the date hereof, and we do not undertake to update or amend such forward-looking information whether as a result of new information, future events or otherwise, except as may be required by applicable law.