

PRESS RELEASE FOR IMMEDIATE DISTRIBUTION

COLABOR ANNOUNCES THE DATE OF THIRD QUARTER 2022 RESULTS CONFERENCE CALL

Boucherville, Quebec, October 11, 2022 – Colabor Group Inc. (TSX: GCL) ("Colabor" or the "Company") will release its results for the third quarter ended September 3, 2022, after market close on Thursday, October 13, 2022. A conference call to discuss these results will be held on Friday, October 14, 2022 at 9:30 a.m. (Eastern Time).

Conference Call:

A live broadcast of the conference call will be available on the Company's website, in the Investors section under Events and presentations.

To participate (professional investment community only) or to listen to the live conference call:

Date:	Friday, October 14, 2022
Time:	9:30 a.m. (Eastern Time)
Conference Number:	22675595

North-American participants dial toll-free: 1-888-390-0549 International and local dial-in: 1-416-764-8682

To listen to a recording of the conference call, please call toll-free in North America 1-888-390-0541 or 1-416-764-8677 and enter the code 675595#. The recording will be available until October 21, 2022.

About Colabor:

Colabor is a distributor and wholesaler of food and related products serving the hotel, restaurant and institutional markets or "HRI" in Quebec and in the Atlantic provinces, as well as the retail market. Within its two operating segments, Colabor offers specialty food products such as fresh fish and seafood, meat, as well as food and related products through its Broadline activities.

Further information:

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