



**PRESS RELEASE
FOR IMMEDIATE DISTRIBUTION**

COLABOR ANNOUNCES THE DATE OF ITS FOURTH QUARTER AND FISCAL YEAR 2022 RESULTS CONFERENCE CALL

Boucherville, Quebec, February 22, 2023 – Colabor Group Inc. (TSX: GCL) (“Colabor” or the “Company”) will release its results for the fourth quarter and fiscal year ended December 31, 2022, after market close on Wednesday, March 1st, 2023. A conference call to discuss these results will be held on Thursday, March 2nd, 2023 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: Thursday, March 2nd, 2023
Time: 9:30 a.m. (Eastern Time)

Conference Number: 49293401
North-American participants dial toll-free: 1-888-390-0549
International and local dial-in: 1-416-764-8682

You can also use the following quick link: <https://bit.ly/3kZrN77>. This new connection link will allow each participant to connect to the conference call by clicking on the URL link and easily enter their name and phone number.

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 293401#. The recording will be available until March 9, 2023.

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:

Pierre Blanchette
Senior Vice President and Chief Financial Officer
Colabor Group Inc
Tel.: 450-449-4911 extension 1308
investors@colabor.com

Danielle Ste-Marie
Ste-Marie Strategy and Communications Inc.
Investor Relations
450-449-0026 ext. 1180