



**FOR IMMEDIATE RELEASE**

**November 18, 2016**

*NOT FOR DISTRIBUTION TO UNITED STATES NEWSWIRE SERVICES OR FOR DISSEMINATION IN THE UNITED STATES*

### **ParcelPal Announces Grant of Stock Options**

Vancouver, British Columbia, November 18, 2016 – ParcelPal Technology Inc. (CSE: PKG), (the “**Company**”) announces that the board of directors has approved the grant of incentive stock options (the “Options”) to certain directors, officers and consultants and employees of the Company to purchase up to an aggregate of 1,150,000 common shares in the capital stock of the Company. The Options are exercisable at a price of \$0.12 per common share and will expire 36 months from the date of grant.

#### **About ParcelPal Technology Inc.**

ParcelPal is an iPhone, Android and desktop computer service enabling businesses and individuals to quickly and affordably have items delivered locally through crowd-sourced couriers. The Company offers same-day delivery of merchandise for leading retailers in Vancouver and soon in major cities Canada-wide.

ParcelPal: [www.parcelpal.com](http://www.parcelpal.com)

The Canadian Securities Exchange or any other securities regulatory authority has not reviewed and does not accept responsibility for the adequacy or accuracy of this news release that has been prepared by management.

#### **CSE – Symbol: PKG**

Shares issued: 27,278,558

*Contact:* Kelly Abbott, President, ParcelPal Technology Inc. - (778) 237-5212.

#### Forward Looking Information

This news release includes certain "forward-looking information" and "forward-looking statements" (collectively "forward-looking statements") within the meaning of applicable Canadian securities legislation. All statements, other than statements of historical fact, included herein, without limitation, statements relating to the future business operations of the Company, are forward-looking statements.

Forward-looking statements are frequently, but not always, identified by words such as "expects", "anticipates", "believes", "intends", "estimates", "potential", "possible", and similar expressions, or statements that events, conditions, or results "will", "may", "could", or "should" occur or be achieved. Forward-looking statements in this news release relate to, among other things, the Company expanding into additional markets. There can be no

assurance that such forward-looking statements will prove to be accurate, and actual results and future events could differ materially from those anticipated in such statements. Forward-looking statements reflect the beliefs, opinions and projections on the date the statements are made and are based upon a number of assumptions and estimates that, while considered reasonable by the respective parties, are inherently subject to significant business, economic, competitive, political and social uncertainties and contingencies. Many factors, both known and unknown, could cause actual results, performance or achievements to be materially different from the results, performance or achievements that are or may be expressed or implied by such forward-looking statements and the parties have made assumptions and estimates based on or related to many of these factors. Such factors include, without limitation, the ability of the Company to expand in major cities Canada-wide.

Readers should not place undue reliance on the forward-looking statements and information contained in this news release concerning these times. Except as required by law, ParcelPal does not assume any obligation to update the forward-looking statements of beliefs, opinions, projections, or other factors, should they change, except as required by law.