

FORM 10

NOTICE OF PROPOSED SIGNIFICANT TRANSACTION (not involving an issuance or potential issuance of a listed security)¹

Name of Listed Issuer: The Good Flour Corp. (the "Issuer").

Trading Symbol: "GFCO"

Issued and Outstanding Securities of the Issuer Prior to Transaction: 63,940,718

Date of News Release Fully Disclosing the Transaction: December 9, 2022

1. Transaction

1. Provide details of the transaction including the date, description and location of assets, if applicable, parties to and type of agreement (eg: sale, option, license, contract for Investor Relations Activities etc.) and relationship to the Issuer. The disclosure should be sufficiently complete to enable a reader to appreciate the significance of the transaction without reference to any other material: The Issuer has retained Financial Research & Publication Ltd. ("FRP") of 20-22 Wenlock Road London N1 7GU, a London-based consulting & media firm, for up to 400,000 EUR. FRP has been engaged to provide strategic consulting, media and business development services for Europe with the goal of raising awareness. FRP will suggest press initiatives, on-line and traditional media content creation, Web development and webcasting, and translation services focused on the European Union. FRP will distribute through a variety of different platforms and media types across the Internet. FRP shall set up various online meetings, webinars and other online-tools for such purpose. The principals of FRP are arm's length to GFCO. The engagement is effective January 1, 2023 to December 31, 2023. Certain services to be provided by FRP are anticipated to include 'investor relations activities' under the policies of the CSE and applicable securities laws.
2. Provide the following information in relation to the total consideration for the transaction (including details of all cash, non-convertible debt securities or other consideration) and any required work commitments:
 - (a) Total aggregate consideration in Canadian dollars: \$572,000
(Assuming 1.43 exchange rate).
 - (b) Cash: 400,000 EUR;
 - (c) Other: N/A

¹ If the transaction involved the issuance of securities, other than debt securities that are not convertible into listed securities, use Form 9.

- (d) Work commitments: N/A .
3. State how the purchase or sale price and the terms of any agreement were determined (e.g. arm's-length negotiation, independent committee of the Board, third party valuation etc). Arm's length negotiation
4. Provide details of any appraisal or valuation of the subject of the transaction known to management of the Issuer: N/A .
5. If the transaction is an acquisition, details of the steps taken by the Issuer to ensure that the vendor has good title to the assets being acquired: N/A .
6. Provide the following information for any agent's fee, commission, bonus or finder's fee, or other compensation paid or to be paid in connection with the transaction (including warrants, options, etc.): N/A
- (a) Details of any dealer, agent, broker or other person receiving compensation in connection with the transaction (name, address. If a corporation, identify persons owning or exercising voting control over 20% or more of the voting shares if known to the Issuer): ____ .
- (b) Cash ____ .
- (c) Other ____ .
7. State whether the vendor, sales agent, broker or other person receiving compensation in connection with the transaction is a Related Person or has any other relationship with the Issuer and provide details of the relationship. N/A
8. If applicable, indicate whether the transaction is the acquisition of an interest in property contiguous to or otherwise related to any other asset acquired in the last 12 months. N/A .

2. Development

Provide details of the development. The disclosure should be sufficiently complete to enable a reader to appreciate the significance of the transaction without reference to any other material: The Issuer has retained FRP of 20-22 Wenlock Road London N1 7GU, a London-based consulting & media firm, for up to 400,000 EUR. FRP has been engaged to provide strategic consulting, media and business development services for Europe with the goal of raising awareness. FRP will suggest press initiatives, on-line and traditional media content creation, Web development and webcasting, and

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3. Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. To the knowledge of the Issuer, at the time an agreement in principle was reached, no party to the transaction had knowledge of any undisclosed material information relating to the Issuer, other than in relation to the transaction.
3. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
4. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
5. All of the information in this Form 10 Notice of Proposed Significant Transaction is true.

Dated December 9, 2022 .

Matthew Clayton
Name of Director or Senior
Officer

Signature

CEO
Official Capacity