

First Foods Group Expands Board of Directors with the Appointment of Michael Kaplan

NEW YORK, NY, July 17, 2020 – First Foods Group, Inc. (OTCQB: FIFG) ("First Foods" or the "Company") a developer and creator of high-end specialty hemp-based cannabidiol (CBD) edibles, announced today the appointment of Michael Kaplan to its Board of Directors.

Michael Kaplan joins the Board with extensive experience as a successful entrepreneur and marketing executive bringing over 30 years of experience in enterprise CPG retail relationship building and product launches among the world's largest retailers, including Target, Wal-Mart, Kroger, Albertson's and CVS.

After Mr. Kaplan's role as President of a global beauty business responsible for sales over \$150 million, he started his own company responsible for consulting in M&A. In addition to his consulting business, he then launched a family business developing direct sourcing turn-key programs for top retail chains in the USA. His efforts here continue to have significant success.

In addition to his responsibilities as an active board member, he will also assume the role of Chief Marketing Officer, effective August 1st. His responsibilities will include utilizing his consumer retail corporate relationships to bring broader distribution for First Foods line of products as well as research new product opportunities which would be in line with the Company's business strategy.

Mr. Kaplan has also agreed to purchase 1 million shares of FIFG stock at a 10% premium of the closing price on the date of the agreement.

Mr. Harold Kestenbaum, CEO of First Foods Group stated, "As a successful entrepreneur in sales and marketing along with extensive experience launching consumer products, Michael has the tools and acumen necessary to take First Foods Group to the next level. We are pleased that after conducting a search for many months that Michael has accepted these responsibilities as a board member for our growing company."

Mr. Michael Kaplan commented, "Prior to accepting this board appointment I wanted to make sure First Foods met some important key metrics including growth opportunities and an experienced management team. After learning more about the Company's business strategy and getting to know the team I have faith that there will be many of these opportunities for me to execute on that will bring great value to First Foods Group and its stakeholders."

About First Foods Group, Inc.

First Foods Group, Inc. provides management services and funding options for emerging supplement brands and menu concepts. First Foods Group, Inc. is also growing its own new concepts, both through proprietary development and through mergers, acquisitions, and licensing arrangements. First Foods Group has assembled a team of distinguished professionals with experience and success at the highest levels of the industry.

To learn more about First Foods, please visit our website: www.firstfoodsgroup.com. We routinely post information that may be important to investors in the News Room section of our website.

To learn more about our Southeast Edibles product line, please visit: <https://southeastedibles.com/>

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Cautionary Statement Regarding Forward-Looking Statements

This press release contains certain forward-looking statements within the meaning of the safe harbor provisions of the Private Securities Litigation Reform Act of 1995. These statements are identified by the use of the words "could," "believe," "anticipate," "intend," "estimate," "expect," "may," "continue," "predict," "potential," "project" and similar expressions that are intended to identify forward-looking statements. All forward-looking statements speak only as of the date of this press release. You should not place undue reliance on these forward-looking statements. Although we believe that our plans, objectives, expectations and intentions reflected in or suggested by the forward-looking statements are reasonable, we can give no assurance that these plans, objectives, expectations or intentions will be achieved. Forward-looking statements involve significant risks and uncertainties (some of which are beyond our control) and assumptions that could cause actual results to differ materially from historical experience and present expectations or projections. Actual results to differ materially from those in the forward-looking statements and the trading price for our common stock may fluctuate significantly. Forward-looking statements also are affected by the risk factors described in the Company's filings with the U.S. Securities and Exchange Commission. Except as required by law, we undertake no obligation to update or revise publicly any forward-looking statements, whether as a result of new information, future events or otherwise, after the date on which the statements are made or to reflect the occurrence of unanticipated events.

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