



NOTICE OF ANNUAL GENERAL MEETING OF SHAREHOLDERS

The 2020 Annual General Meeting (the "Meeting") of the Shareholders of High Liner Foods Incorporated (the "Company" or "High Liner") will be held at High Liner's headquarters in Lunenburg, Nova Scotia, on May 12, 2020 at 11:30 a.m. (Atlantic Time) for the following purposes:

1. To receive the annual financial statements of the Company for the fiscal year ended December 28, 2019, and the report of the auditors;
2. To elect directors to the Board of the Company for 2020;
3. To appoint auditors for 2020 and permit the directors to fix their remuneration;
4. To approve the advisory resolution to accept the Company's approach to executive compensation disclosed in the Management Information Circular; and
5. To transact such other business as may be properly brought before the Meeting.

This year, High Liner is using a virtual meeting tool that will allow participation in the Meeting online or by phone. In response to the unprecedented and evolving public health impact of coronavirus disease 2019, also known as COVID-19, and to mitigate risks to the health and safety of our communities, Shareholders, employees and other stakeholders, **High Liner asks that all participation in the Meeting be through the virtual meeting tool that can be found <https://web.lumiagm.com/214797378> password: highliner2020 (case sensitive).**

All registered holders of common shares of the Company (a "Share") as at the commencement of the Meeting are entitled to participate and vote at the Meeting. To ensure your votes are counted in the Meeting, all Shareholders are strongly encouraged to please complete, date, sign and **return the enclosed proxy not later than 24 hours before the Meeting** using the postage prepaid envelope enclosed for that purpose or send by fax to 1.866.781.3111 or send by email to proxyvote@astfinancial.com or vote directly online at www.astvotemyproxy.com or by telephone at 1.888.489.5760.

Any shareholder or proxyholder intending to participate at the Meeting other than using the virtual meeting tool identified in this Notice and described in High Liner's Management Information Circular, or to vote other than in advance by proxy, must contact High Liner in advance either by phone by calling 902.634.6211 or by email at investor@highlinerfoods.com.

The annual financial statements for the fiscal year ending December 28, 2019, together with Management's Discussion and Analysis (the "MD&A"), the Management Information Circular and a form of proxy accompany this Notice of Meeting.

Dated at Lunenburg, Nova Scotia as of the 23rd day of March 2020.

By order of the Board
(signed)

Timothy Rorabeck
Corporate Secretary
Executive Vice President, Corporate Affairs
and General Counsel