



Appointment of Proxyholder

I/We, being holder(s) of common shares of High Liner Foods Incorporated (the "Company"), hereby appoint: Robert L. Pace, director and Chairman of the Board, OR failing him, M. Jolene Mahody, director and Chair of the Audit Committee, OR

Print the name of the person you are appointing if this person is someone other than the individuals listed above.

as proxy of the undersigned, to attend, act and vote on behalf of the undersigned in accordance with the below direction (or if no directions have been given, as the proxy sees fit) on all the following matters and any other matter that may properly come before the Annual General Meeting of Shareholders of the Company to be held at 11:30 a.m. (Atlantic Time) on May 12, 2020, at the offices of High Liner Foods Incorporated, Lunenburg, Nova Scotia, Canada or virtually <https://web.lumiagm.com/214797378> password highliner2020 (the "Meeting"), and at any and all adjournments or postponements thereof in the same manner, to the same extent and with the same powers as if the undersigned were personally present, with full power of substitution.

Note: If you are appointing a proxy holder other than the Company designees listed above you must return your form of proxy and MUST contact AST Trust Company (Canada) at 1-866-751-6315 (toll-free in North America) or 1-212-235-5754 (outside North America) by 11:30 a.m. (Atlantic Time) on May 11, 2020, and provide AST Trust Company (Canada) with the required information for your chosen proxyholder so that AST Trust Company (Canada) may provide your proxy holder with a control number via email. This control number will allow your proxy holder to log in, ask questions and vote at the Meeting. Without a control number your proxy holder will only be able to log in to the Meeting as a guest and will not be able to vote.

Management recommends voting FOR Resolutions 1, 2 and 3. Please use a dark black pencil or pen.

1. Election of Directors

	FOR	WITHHOLD		FOR	WITHHOLD
1. Joan K. Chow	<input type="checkbox"/>	<input type="checkbox"/>	6. Shelly L. Jamieson	<input type="checkbox"/>	<input type="checkbox"/>
2. Robert P. Dexter	<input type="checkbox"/>	<input type="checkbox"/>	7. M. Jolene Mahody	<input type="checkbox"/>	<input type="checkbox"/>
3. Rod W. Hepponstall	<input type="checkbox"/>	<input type="checkbox"/>	8. R. Andy Miller	<input type="checkbox"/>	<input type="checkbox"/>
4. Andrew J. Hennigar	<input type="checkbox"/>	<input type="checkbox"/>	9. Robert L. Pace	<input type="checkbox"/>	<input type="checkbox"/>
5. David J. Hennigar	<input type="checkbox"/>	<input type="checkbox"/>	10. Frank B.H. vanSchaayk	<input type="checkbox"/>	<input type="checkbox"/>

2. Appointment of Auditors

	FOR	AGAINST	WITHHOLD
Appointment of Ernst & Young LLP as Auditors with remuneration to be fixed by the Directors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Advisory Resolution Regarding Executive Compensation

Approval of advisory resolution to accept the Company's approach to executive compensation as disclosed in the Management Information Circular dated March 23, 2020	<input type="checkbox"/>	<input type="checkbox"/>
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Under Canadian Securities Law, you are entitled to receive certain investor documents. If you wish to receive such material, please tick the applicable boxes below. You may also go to our website <https://ca.astfinancial.com/financialstatements> and input code 2752A.

- I would like to receive quarterly financial statements
- I would like to receive annual financial statements

I/We authorize you to act in accordance with my/our instructions set out above. I/We hereby revoke any proxy previously given with respect to the Meeting. **If no voting instructions are indicated above, this Proxy will be voted FOR a matter by Management's appointees or, if you appoint another proxyholder, as that other proxyholder sees fit. On any amendments or variations proposed or any new business properly submitted before the Meeting, I/We authorize you to vote as you see fit.**

Signature(s) _____ Date _____

Please sign exactly as your name(s) appear on this proxy. Please see reverse for instructions. All proxies must be received by 11:30 a.m. (Atlantic Time) on May 11, 2020.

Proxy Form - Annual General Meeting of Shareholders of High Liner Foods Incorporated to be held on May 12, 2020 (the “Meeting”)

Notes to Proxy

1. 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.

2. This proxy must be signed by a holder or his or her attorney duly authorized in writing. If you are an individual, please sign exactly as your name appears on this proxy. If the holder is a corporation, a duly authorized officer or attorney of the corporation must sign this proxy, and if the corporation has a corporate seal, its corporate seal should be affixed.

3. If the securities are registered in the name of an executor, administrator or trustee, please sign exactly as your name appears on this proxy. If the securities are registered in the name of a deceased or other holder, the proxy must be signed by the legal representative with his or her name printed below his or her signature, and evidence of authority to sign on behalf of the deceased or other holder must be attached to this proxy.

4. Some holders may own securities as both a registered and a beneficial holder; in which case you may receive more than one Circular and will need to vote separately as a registered and beneficial holder. Beneficial holders may be forwarded either a form of proxy already signed by the intermediary or a voting instruction form to allow them to direct the voting of securities they beneficially own. Beneficial holders should follow instructions for voting conveyed to them by their intermediaries.

5. If a security is held by two or more individuals, any one of them present or represented by proxy at the Meeting may, in the absence of the other or others, vote at the Meeting. However, if one or more of them are present or represented by proxy, they must vote together the number of securities indicated on the proxy.

All holders should refer to the Proxy Circular for further information regarding completion and use of this proxy and other information pertaining to the Meeting.

This proxy is solicited by and on behalf of Management of the Company.



How to Vote

INTERNET

- Go to <https://astvotemyproxy.com>
- Cast your vote online
- View Meeting documents

To vote using your smartphone,
please scan this QR Code



TELEPHONE

Use any touch-tone phone, call toll free in
Canada and United States
1-888-489-7352 and follow the voice
instructions



To vote by telephone or Internet you will need your control number. If you vote by Internet or telephone, do not return this proxy.

MAIL, FAX or EMAIL

- Complete and return your signed proxy in the envelope provided or send to:
AST Trust Company (Canada)
P.O. Box 721
Agincourt, ON M1S 0A1
- You may alternatively fax your proxy to 416-368-2502 or toll free in Canada and United States to 1-866-781-3111 or scan and email to proxyvote@astfinancial.com.

An undated proxy is deemed to be dated on the day it was received by AST Trust Company (Canada).

If you wish to receive investor documents electronically in future, please visit <https://ca.astfinancial.com/edelivery> to enrol.

All proxies must be received by 11:30 a.m. (Atlantic Time) on May 11, 2020.