



NOTICE OF ANNUAL GENERAL MEETING OF SHAREHOLDERS

The 2023 Annual General Meeting (the "Meeting") of the Shareholders (see definition on page 3 of this document) of High Liner Foods Incorporated (the "Company" or "High Liner Foods") will be held virtually at <https://web.lumiagm.com/415173260> password: highliner2023 (case sensitive) Meeting ID: 415-173-260 and in person at High Liner Foods' head office in Lunenburg, Nova Scotia, on May 16, 2023 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 31, 2022, and the report of the auditors;
2. To elect directors to the Board of the Company for 2023;
3. To appoint auditors for 2023 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.

High Liner Foods encourages Shareholder participation in the Meeting through the virtual meeting tool either online or by phone.

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 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 1-416-595-9593 or send by email to proxyvote@tmx.com or vote directly online at www.meeting-vote.com or by telephone at 1-888-489-7352.

Any shareholder or proxy holder intending to participate at the Meeting other than using the virtual meeting tool identified in this Notice and described in High Liner Foods' Management Information Circular, or to vote other than in advance by proxy, **is encouraged to contact High Liner Foods prior to the Meeting by calling 902-634-6211, or by emailing investor@highlinerfoods.com.**

The annual financial statements for the fiscal year ending December 31, 2022, 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 21st day of March 2023.

By order of the Board
(signed)

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