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Toronto Stock Exchange Symbols: HLF and HLF.A

**HIGH LINER FOODS TO HOST CONFERENCE CALL
WEDNESDAY, AUGUST 12, 2009 AT 10:00 A.M. (ET)**

- Second quarter results to be reported on Tuesday, August 11, 2009 -

LUNENBURG, NOVA SCOTIA (July 29, 2009) – High Liner Foods Incorporated (TSX:HLF) today announced that it will host a conference call on Wednesday, August 12, 2009 at 10:00 a.m. ET (11:00 a.m. AT) to discuss its second quarter fiscal 2009 financial results. The North American frozen seafood company will report its second quarter financial results on Tuesday, August 11, 2009.

To access the conference call by telephone, dial 416-644-3421 or 1-800-731-5319. Please connect approximately ten minutes prior to the beginning of the call to ensure participation. The conference call will be archived for replay by telephone until Wednesday, August 19, 2009 at midnight. To access the archived conference call, dial 416-640-1917 or 1-877-289-8525 and enter the reservation number 21311016 #.

A live audio webcast of the conference call will be available at www.highlinerfoods.com. Please connect at least 15 minutes prior to the conference call to ensure adequate time for any software download that may be required to join the webcast. The webcast will be archived at the above website for one year.

About High Liner Foods Incorporated

High Liner Foods Incorporated is a leading North American processor and marketer of prepared, value-added frozen seafood. High Liner's branded products are sold throughout the United States, Canada and Mexico under the High Liner[®], Fisher Boy[®], Mirabel[®], Royal Sea[®], and Sea Cuisine[™] labels, and are available in most grocery and club stores. The Company also sells its High Liner[®], FPI[®] and Mirabel[®] food service products to restaurants and institutions, and is a major supplier of private label seafood products to North American food retailers and food service distributors. High Liner Foods is a publicly traded Canadian company, trading under the symbols HLF and HLF.A on the Toronto Stock Exchange.

For further information about the Company, please visit our Internet site at www.highlinerfoods.com or send e-mail to investor@highlinerfoods.com.

For more information, please contact:

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