



HIGH LINER FOODS

We are pleased to offer our shareholders the option of receiving their High Liner Foods Incorporated quarterly dividend payment by electronic deposit directly to their bank account. If a shareholder wishes to have all future dividend payments directly deposited into their account instead of receiving a cheque in the mail, please contact AST Trust Company (Canada) by phone at 416.682.3860 or 1.800.387.0825 or by email: inquiries@astfinancial.com.

Alternatively, you can complete the 'Request for Electronic Payment of Dividends' form at <https://ca.astfinancial.com/InvestorServices/Search-Issuers-Post?lang=en&issuerName=2752> and attach a cheque marked 'void', or a letter from your financial institution to deposit your dividend payments into your chequing or savings account, and return both to our transfer agent by mail to:

AST Trust Company (Canada)
P.O. Box 700, Station B
Montreal, QC H3B 3K3