

High Liner Foods Incorporated

Dividend History for Common, Non-Voting Equity and Series A Preference Shares

Quarter	Class of Share	Declaration Date	Record Date	Payment Date	Amount
1	Common	November 2003	December 1, 2003	December 15, 2003	\$0.0500
2	Common	February 2004	March 1, 2004	March 15, 2004	\$0.0500
3	Common	May 2004	June 1, 2004	June 15, 2004	\$0.0500
4	Common	August 2004	September 1, 2004	September 15, 2004	\$0.0500
5	Common	November 2004	December 1, 2004	December 15, 2004	\$0.0500
6	Common	February 16, 2005	March 1, 2005	March 15, 2005	\$0.0500
7	Common	May 3, 2005	June 1, 2005	June 15, 2005	\$0.0500
8	Common	August 3, 2005	September 1, 2005	September 15, 2005	\$0.0500
9	Common	October 31, 2005	December 1, 2005	December 15, 2005	\$0.0500
10	Common	February 15, 2006	March 1, 2006	March 15, 2006	\$0.0500
11	Common	May 10, 2006	June 1, 2006	June 15, 2006	\$0.0500
12	Common	August 4, 2006	September 1, 2006	September 15, 2006	\$0.0500
13	Common	November 14, 2006	December 1, 2006	December 15, 2006	\$0.0500
14	Common	February 21, 2007	March 1, 2007	March 15, 2007	\$0.0500
15	Common	May 11, 2007	June 1, 2007	June 15, 2007	\$0.0500
16	Common	August 3, 2007	September 1, 2007	September 15, 2007	\$0.0500
17	Common	November 13, 2007	December 1, 2007	December 15, 2007	\$0.0500
18	Common	February 18, 2008	March 1, 2008	March 15, 2008	\$0.0500
18	Series A Preference	February 18, 2008	March 1, 2008	March 15, 2008	\$0.1250
19	Common	May 9, 2008	June 1, 2008	June 15, 2008	\$0.0500
19	Series A Preference	May 9, 2008	June 1, 2008	June 15, 2008	\$0.1250
20	Common	July 31, 2008	September 1, 2008	September 15, 2008	\$0.0550
21	Common & Non-Voting Equity	November 11, 2008	December 1, 2008	December 15, 2008	\$0.0625
22	Common & Non-Voting Equity	February 25, 2009	March 1, 2009	March 15, 2009	\$0.0625
23	Common & Non-Voting Equity	May 9, 2009	June 1, 2009	June 15, 2009	\$0.0625
24	Common & Non-Voting Equity	August 11, 2009	September 1, 2009	September 15, 2009	\$0.0700
25	Common & Non-Voting Equity	November 12, 2009	December 1, 2009	December 15, 2009	\$0.0750
26	Common & Non-Voting Equity	February 24, 2010	March 5, 2010	March 15, 2010	\$0.0750
27	Common & Non-Voting Equity	May 11, 2010	June 1, 2010	June 15, 2010	\$0.0850
28	Common & Non-Voting Equity	August 10, 2010	September 1, 2010	September 15, 2010	\$0.0850
29	Common & Non-Voting Equity	November 10, 2010	December 1, 2010	December 15, 2010	\$0.0850
30	Common & Non-Voting Equity	February 22, 2011	March 1, 2011	March 15, 2011	\$0.0900
31	Common & Non-Voting Equity	May 17, 2011	June 1, 2011	June 15, 2011	\$0.1000
32	Common & Non-Voting Equity	August 9, 2011	September 1, 2011	September 15, 2011	\$0.1000
33	Common & Non-Voting Equity	November 9, 2011	December 1, 2011	December 15, 2011	\$0.1000
34	Common & Non-Voting Equity	February 22, 2012	March 2, 2012	March 15, 2012	\$0.1000
35	Common & Non-Voting Equity	May 10, 2012	June 1, 2012	June 15, 2012	\$0.1000
36	Common & Non-Voting Equity	August 8, 2012	September 1, 2012	September 15, 2012	\$0.1100
37	Common & Non-Voting Equity	November 8, 2012	December 1, 2012	December 15, 2012	\$0.1100
38	Common	February 20, 2013	March 1, 2013	March 15, 2013	\$0.1500
39	Common	May 7, 2013	June 1, 2013	June 15, 2013	\$0.1800
40	Common	August 7, 2013	September 3, 2013	September 16, 2013	\$0.1800

Quarter	Class of Share	Declaration Date	Record Date	Payment Date	Amount
41	Common	November 7, 2013	December 2, 2013	December 16, 2013	\$0.1900
42	Common	February 19, 2014	March 3, 2014	March 17, 2014	\$0.1900
43	Common*	May 8, 2014	June 2, 2014	June 16, 2014	\$0.1050
44	Common	August 12, 2014	September 2, 2014	September 15, 2014	\$0.1050
45	Common	November 7, 2015	December 1, 2015	December 15, 2014	\$0.1050
46	Common	February 18, 2015	February 27, 2015	March 16, 2015	\$0.1050
47	Common	May 12, 1015	June 1, 2015	June 15, 2015	\$0.1200
48	Common	August 5, 2015	September 1, 2015	September 15, 2015	\$0.1200
49	Common	November 4, 2015	December 1, 2015	December 15, 2015	\$0.1200
50	Common	February 17, 2016	March 1, 2016	March 15, 2016	\$0.1200
51	Common	May 11, 2016	June 1, 2016	June 15, 2016	\$0.1300
52	Common	August 16, 2016	September 1, 2016	September 15, 2016	\$0.1300
53	Common	November 9, 2016	December 1, 2016	December 15, 2016	\$0.1400

* Effective May 30, 2014 High Liner Foods Common Shares were split on a 2-for-1 basis. A dividend of \$0.21 per share was declared on May 8, 2014 prior to the approval of the 2-for-1 stock split. The \$0.105 dividend per share shown in the above table is on a post-split basis.

Other Information:

- Dividends paid by High Liner Foods Inc. are "eligible dividends" for the purpose of dividend tax credit calculations under the Income Tax Act (Canada)
- V-Day price of Common Shares (December 22, 1971): \$3.17
- V-Day price of 5.5% Class C and Class D: \$3.25
- The Series A Preference Shares were converted into Non-Voting Equity Shares on September 8, 2008
- The Non-Voting Equity Shares were redeemed on December 17, 2012