

SASQUATCH RESOURCES CORP. ISSUES SHARES PURSUANT TO OPTION AGREEMENT FOR ITS MOUNT SICKER PROPERTY

Vancouver, B.C. – September 30, 2022 – SASQUATCH RESOURCES CORP. (“Sasquatch” or the “Company”) (CSE:SASQ) is pleased to announce that, pursuant to its option agreement (the “Option Agreement”) dated as of October 1, 2021 with Justin Deveau and 802213 Alberta Ltd. (the “Optionors”) respecting the Company’s Mount Sicker Property, the Company has fulfilled its first year option obligations by making aggregate cash payments of \$45,000 and by issuing an aggregate of 250,000 common shares to the Optionors. The shares were issued in accordance with applicable securities laws at a price of \$0.0825 per share and are subject to a four month hold period.

Justin Deveau, a director of the Company, is an Optionor under the Option Agreement, and accordingly the cash payment of \$22,500 and issuance of 125,000 shares to him is a “related party transaction” as defined under Multilateral Instrument 61-101 (“MI 61-101”). This transaction is exempt from the formal valuation and minority shareholder approval requirements of MI 61-101 as the fair market value of the transaction does not exceed 25% of the market capitalization of the Company, as determined in accordance with MI 61-101.

About the Company

Sasquatch Resources Corp. is a mineral exploration company focused on its Mount Sicker Property in southern Vancouver Island, British Columbia. For further information, please refer to the Company's disclosure record on SEDAR (www.sedar.com) or contact the Company by email at ifgsmith@yahoo.ca or by telephone at 778.999.7030.

On Behalf of the Board of Directors

Peter Smith
Chief Executive Officer
778.999.7030

Forward-Looking Information

Certain statements in this news release are forward-looking statements, including with respect to future plans, and other matters. Forward-looking statements consist of statements that are not purely historical, including any statements regarding beliefs, plans, expectations or intentions regarding the future. Such information can generally be identified by the use of forwarding-looking wording such as “may”, “expect”, “estimate”, “anticipate”, “intend”, “believe” and “continue” or the negative thereof or similar variations. The reader is cautioned that assumptions used in the preparation of any forward-looking information may prove to be incorrect. Events or circumstances may cause actual results to differ materially from those predicted, as a result of numerous known and unknown risks, uncertainties, and other factors, many of which are beyond the control of the Company, including but not limited to, business, economic and capital market conditions, the ability to manage operating expenses, and dependence on key personnel. Such statements and information are based on numerous assumptions regarding present and future business strategies and the environment in which the Company will operate in the future, anticipated costs, and the ability to achieve goals. Factors that could cause the actual results to differ materially from those in forward-looking statements include, the continued availability of capital and financing, litigation, failure of counterparties to perform their contractual obligations, loss of key employees and consultants, and general economic, market or business conditions. Forward-looking statements contained in this news release are expressly qualified by this cautionary statement. The reader is cautioned not to place undue reliance on any forward-looking information.

The forward-looking statements contained in this news release are made as of the date of this news release. Except as required by law, the Company disclaims any intention and assumes no obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise.

The CSE has not reviewed, approved or disapproved the contents of this news release.