

NFL/BOD/10/2019-2020/100

October 11, 2019

FORM-1

The General Manager,
Pakistan Stock Exchange Limited,
Stock Exchange Building,
Stock Exchange Road,
KARACHI..

SUBJECT: BOARD MEETING

Dear Sir,

This is to inform you that a meeting of the Board of Directors of the Company will be held on October 18, 2019 at 3:00 p.m. at our Registered Corporate Office situated at 12/CL-6, Claremont Road, Civil Lines, Karachi to consider the Quarterly Accounts for the period ended September 30, 2019.

The Company has declared the “**Closed Period**” from **October 11, 2019 to October 18, 2019** as required under Clause 5.6.1(d) of Pakistan Stock Exchange Regulations. Accordingly, no Director, CEO or Executive shall, directly/indirectly, deal in the shares of the Company in any manner during Closed Period.

You may please inform the TRE Certificate Holder of the Exchange accordingly.

Thanking you,

Yours faithfully,
FOR NATIONAL FOODS LIMITED



(FAZAL UR REHMAN HAJANO)
COMPANY SECRETARY

CC:

- (1) Head of Operations, Central Depository Company of Pakistan Limited, Karachi.**
- (2) Share Registrar, Central Depository Company of Pakistan Ltd., Karachi.**