



NEWS RELEASE

Foran Announces Grant of Stock Options

Vancouver, BC (March 8, 2016) - Foran Mining Corporation (TSX.V: FOM) ("Foran" or the "Company") today announced that it has granted 2,760,000 incentive stock options (the "Options") to Directors, Officers, Employees and Consultants of the Company.

The Options are set for a period of five years, expiring on March 8, 2021, and each Option will allow the holder to purchase a common share of Foran at a price of \$0.11. The Options are governed by the stock option plan of the Company.

About Foran Mining

Foran is an exploration and development company focused on copper-zinc in the Hanson Lake Camp of east-central Saskatchewan. The Hanson Lake Camp is located in an area of excellent infrastructure, close to a major mining centre. In late 2014, Foran released a positive Preliminary Economic Assessment for the McIlvenna Bay deposit, Foran's first deposit in the Hanson Lake Camp.

Foran trades on the TSX.V under the symbol "FOM".

On behalf of the Board of Directors

Foran Mining Corporation

Patrick Soares
President & CEO

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.