

1	Details of the Primary Insider/Close Associate							
a)	Name	T. Helgesen Invest AS Teigesen Savings AS						
2	Reason for the notification							
a)	Position/status	<i>Close associate to Tore Helgesen, interim CFO</i>						
b)	Initial notification/Amendment	Initial notification						
3	Details of the company, emission allowance market participant, auction platform, auctioneer or auction monitor							
a)	Name	Frøy ASA						
b)	LEI	549300U4W5TODHJ1RL14						
4	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted							
a)	Description of the financial instrument, type of instrument Identification code	Shares in Frøy ASA, ISIN NO0010936792						
b)	Nature of the transaction	Purchase of shares						
c)	Price(s) and volume(s)	<table border="1"> <thead> <tr> <th>Price(s)</th> <th>Volume(s)</th> </tr> </thead> <tbody> <tr> <td>NOK 54,40</td> <td>1 900 (T. Helgesen Invest AS)</td> </tr> <tr> <td>NOK 54,40</td> <td>1 900 (Teigesen Savings AS)</td> </tr> </tbody> </table>	Price(s)	Volume(s)	NOK 54,40	1 900 (T. Helgesen Invest AS)	NOK 54,40	1 900 (Teigesen Savings AS)
Price(s)	Volume(s)							
NOK 54,40	1 900 (T. Helgesen Invest AS)							
NOK 54,40	1 900 (Teigesen Savings AS)							
d)	Aggregated information — Aggregated volume — Price	3 800 shares Price: 54,40						
e)	Date of the transaction	05.01.2022						
f)	Place of the transaction	XOSL – Oslo Børs						