



## NEWS RELEASE

### Foran Announces Grant of Stock Options

**Vancouver, BC (January 24, 2014) - Foran Mining Corporation** (TSX.V: FOM) ("Foran" or the "Company") today announced that it has granted 2,025,000 incentive stock options (the "Options") to Directors, Officers and Employees of the Company.

The Options are set for a period of five years, expiring on January 24, 2019, and each Option will allow the holder to purchase a common share of Foran at a price of \$0.20. The Options are governed by the stock option plan of the Company.

#### **About Foran Mining**

Foran is a diversified exploration and development company with projects in the Flin Flon Mining Belt. The Company's flagship McIlvenna Bay Project is located in east central Saskatchewan, 65 kilometres west of Flin Flon, Manitoba and contains McIlvenna Bay, one of the largest undeveloped volcanogenic massive sulphide ("VMS") deposits in Canada.

On March 27, 2013, Foran announced an increased mineral resource estimate for McIlvenna Bay, with indicated resources of 13.9 million tonnes grading 1.96% copper equivalent (1.28% Cu, 2.67% Zn, 0.49 g/t Au, 17 g/t Ag) and an inferred resource of 11.3 million tonnes grading 2.01% copper equivalent (1.32% Cu, 2.97% Zn, 0.43 g/t Au, 17 g/t Ag). For additional information on McIlvenna Bay, see the Foran news release dated March 27, 2013 or the report entitled "Technical Report on the McIlvenna Bay Project, Saskatchewan, Canada" dated December 9, 2011 at [www.sedar.com](http://www.sedar.com) or [www.foranmining.com](http://www.foranmining.com). Roger March, VP Project Exploration for Foran and a Qualified Person within the meaning of National Instrument 43-101, has reviewed and approved the technical information in this release.

Mr. Roger March, P. Geo., Vice President Project Exploration for Foran is the Qualified Person for technical information contained in this news release.

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

**For Additional Information Please Contact Foran Mining Corporation:**

Patrick Soares  
President & CEO  
409 Granville Street, Suite 904  
Vancouver, BC, Canada, V6C 1T2

Fiona Childe  
VP, Corporate Development  
120 Adelaide Street West, Suite 2500  
Toronto, ON, Canada, M5H 1T1

416-363-9229

[ir@foranmining.com](mailto:ir@foranmining.com)

Neither the TSX-V nor its Regulation Services Provider (as that term is defined in the policies of the TSX-V) accepts responsibility for the adequacy of this release. No stock exchange, securities commission or other regulatory authority has approved or disapproved the information contained herein.

**Forward Looking Statements**

This news release contains forward-looking information which is not comprised of historical facts. Forward-looking information involves risks, uncertainties and other factors that could cause actual events, results, performance, prospects and opportunities to differ materially from those expressed or implied by such forward-looking information. Forward looking information in this news release includes, but is not limited to, Foran's objectives, goals or future plans, statements regarding the estimation of mineral resources, exploration results, potential mineralization, exploration and mine development plans, timing of the commencement of operations and estimates of market conditions. Factors that could cause actual results to differ materially from such forward-looking information include, but are not limited to, failure to convert estimated mineral resources to reserves, capital and operating costs varying significantly from estimates, the preliminary nature of metallurgical test results, delays in obtaining or failures to obtain required governmental, environmental or other project approvals, political risks, uncertainties relating to the availability and costs of financing needed in the future, changes in equity markets, inflation, changes in exchange rates, fluctuations in commodity prices, delays in the development of projects and the other risks involved in the mineral exploration and development industry, and those risks set out in Foran's public documents filed on SEDAR. Although Foran believes that the assumptions and factors used in preparing the forward-looking information in this news release are reasonable, undue reliance should not be placed on such information, which only applies as of the date of this news release, and no assurance can be given that such events will occur in the disclosed time frames or at all. Foran disclaims any intention or obligation to update or revise any forward-looking information, whether as a result of new information, future events or otherwise, other than as required by law.

[www.foranmining.com](http://www.foranmining.com)