

TSX: SPB
Calgary, March 16, 2009

For Immediate Release

Superior Plus Corp. Announces Filing of the 2008 Year-End
Disclosure Documents, Corporate Presentation Update and Upcoming Events

2008 Year-End Disclosure Documents

Superior Plus Corp. (“Superior” or the “Corporation”) today announced that its 2008 Annual Report and Annual Information Form have been filed with the relevant securities regulators. In addition, they are posted on the Canadian Securities Administrator’s website at www.sedar.com and Superior’s website at www.superiorplus.com. The Management Proxy Circular will be filed and posted on or about March 20, 2009.

The printed versions of the 2008 Annual Report, Notice of Annual Meeting and Management Proxy Circular will be mailed to Shareholders on or about March 20, 2009. If Shareholders did not “opt-in” to receive the 2008 Annual Report, they may obtain a copy on www.sedar.com or www.superiorplus.com or by e-mailing Heather McMaster, Corporate/Legal Administrator at hcmaster@superiorplus.com.

Corporate Presentation

The Corporation is also pleased to announce that its most current corporate presentation is available and a copy can be obtained by visiting Superior’s website at www.superiorplus.com.

Annual Meeting of Shareholders

Superior’s Annual Meeting of Shareholders will be held in the Grand Lecture Theatre of The Metropolitan Centre, 333 – 4th Avenue SW, Calgary, Alberta on Wednesday, May 6, 2009 at 2:00 p.m. MST.

Upcoming Release of 2009 First Quarter Results and Conference Call

The Corporation expects to release its 2009 first quarter results on Wednesday, May 6, 2009. A conference call and webcast for investors, analysts, brokers and media representatives to discuss the 2009 first quarter results is scheduled for 7:30 a.m. MST on Thursday, May 7, 2009. To participate in the call, dial: 1-800-732-9303. A recording of the call will be available for replay until midnight, June 8, 2009. To access the recording, dial: 1-877-289-8525 and enter pass code: 21301182, followed by the pound key. Internet users can listen to the call live, or as an archived call, on Superior’s website at www.superiorplus.com.

About the Corporation

Superior is a diversified corporation. The Corporation holds 100% of Superior Plus LP, a limited partnership formed between Superior General Partner Inc., as general partner and the Corporation as limited partner. Superior is focused on stability of dividends with value growth and has four Canadian based operating businesses: Superior Propane is Canada's largest distributor of propane and related products and services; ERCO Worldwide is a leading supplier of chemicals and technology to the pulp and paper industries and a regional Midwest supplier of chloralkali and potassium products; Winroc is a leading distributor of walls and ceilings construction products in North America; and Superior Energy Management provides fixed-price natural gas supply services in Ontario, Quebec, and British Columbia along with fixed-price electricity supply services in Ontario.

For further information about Superior, please visit our website at: www.superiorplus.com or contact: A. Scott Daniel, Vice-President, Treasurer and Investor Relations, Tel: (403) 218-2953 / Fax: (403) 218-2973, E-mail: sdaniel@superiorplus.com, Toll Free: 1-866-490-PLUS (7587).