

SPARROW VENTURES CORP.

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SPARROW VENTURES ANNOUNCES GRANT OF OPTIONS

August 31, 2010

TSX-V: SPW

Vancouver, B.C., August 31, 2010 – SPARROW VENTURES CORP. (TSX-V: SPW) (“the Company”) wishes to announce that it has granted 100,000 stock options to a director of the Company, exercisable for a period of ten years, at a price of \$0.11 per share.

On behalf of the Board of Directors

SPARROW VENTURES CORP.

“Marc Morin ”

Marc Morin
President, Chief Executive Officer, Director

For more information contact the Company at:

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The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or the accuracy of this release. We seek Safe Harbor.