



PARKLAND INCOME FUND

Parkland Income Fund Declares Distribution Payment

Red Deer, Alberta, August 16, 2010 - Parkland Income Fund (TSX: PKI.UN), Canada's largest independent fuel distributor and marketer, today announced that a distribution of \$0.105 per trust unit will be payable on September 15, 2010 to unitholders of record on August 31, 2010.

About Parkland Income Fund

Parkland Income Fund is Canada's largest independent fuel distribution and marketing company, delivering fuel products from regional refineries to retail, commercial and reseller customers coast-to-coast. Through its network of 620 retail locations, 77 commercial branches, 70 cardlock locations and through wholesale agreements, the Company distributes 3.4 billion litres of fuel annually, representing 4.1% of the total Canadian fuel market (market share in some regions of operation is higher).

Parkland currently distributes fuel to retail customers under its Fas Gas Plus, Fas Gas and Race Trac brands as well as through distribution agreements with 290 Esso locations. Parkland also supplies propane, bulk fuel, heating oil, lubricants, industrial fluids and associated services to commercial and industrial customers across Canada under the Neufeld, United Petroleum, Columbia Fuels, Bluewave Energy and Great Northern Oil brands.

Parkland is a balanced yield and growth company that is committed to providing income-oriented investors with a cash yield as well as upside growth. The Company is delivering value to unitholders by growing fuel volumes through carefully selected acquisitions, working closely with suppliers to achieve a material cost advantage and achieving greater efficiency through operational excellence.

Parkland units and convertible debentures trade on the Toronto Stock Exchange (TSX) under the symbols PKI.UN and PKI.DB. For more information visit www.parkland.ca.

For investor and media inquiries please contact Parkland Industries Ltd., Administrator of Parkland Income Fund: Mike W. Chorlton, President and CEO; Ken J. Grondin, Senior Vice President and CFO; or Tom McMillan, Investor Relations Manager at (403) 357-6400 or corpinfo@parkland.ca.