

MTY increases its quarterly dividend by 15%

TSX Trading Symbol: "MTY"

MONTREAL, Jan. 21, 2016 /CNW Telbec/ - MTY Food Group Inc. ("MTY" or the "Company") (TSX: MTY), franchisor and operator of multiple restaurant concepts, announces an increase of 15% of its quarterly dividend payment, which increases from 10.0¢ per share to 11.5¢ per share. The 11.5¢ dividend will be payable on February 12, 2016 to shareholders registered in the Company's records at the end of the business day on February 1, 2015.

"We are excited to increase our dividend once again this year. The increase demonstrates our confidence in the strength of the company and in MTY's cash flow generation capabilities. This increase does not affect our growth strategy, including but not limited to acquisitions and organic growth" says Stanley Ma.

Certain information in this News Release may constitute "forward-looking" information that involves known and unknown risks, uncertainties, future expectations and other factors which may cause the actual results, performance or achievements of the Company or industry results, to be materially different from any future results, performance or achievements expressed or implied by such forward-looking information. When used in this News Release, this information may include words such as "anticipate", "estimate", "may", "will", "expect", "believe", "plan" and other terminology. This information reflects current expectations regarding future events and operating performance and speaks only as of the date of this News Release. Except as required by law, we assume no obligation to update or revise forward-looking information to reflect new events or circumstances. Additional information is available in the Company's Management Discussion and Analysis, which can be found on SEDAR at www.sedar.com.

**On Behalf of the Board of Directors of
MTY Food Group Inc.**

Stanley Ma, Chairman, President & CEO

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CO: MTY Food Group Inc.

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