

MTY Food Group INC.
3465 Thimens Blvd.
Ville St. Laurent, Quebec
H4R 1V5
(the "Company")

December 20, 2004

TSX Venture Trading Symbol: "MTY"

NEWS RELEASE

INVESTOR RELATIONS AGREEMENT EXTENDED

The Company is pleased to announce the extension of its Investor Relations Agreement with Quebec based Boxe Comm, represented by Mr. Jean Francois Dube, for a period to end November 30, 2006, at a monthly remuneration of \$5,200 per month all inclusive from December 2004 to May 2005 and \$4,000 per month all inclusive from June 2005 to November 2006, subject to terms and conditions in the Extension and Amendment Agreement signed, also standard rules and regulations of TSX Venture.

Mr. Dube, represents several publicly traded companies, brings many years of financial world experience to his role and will be responsible for communicating to existing shareholders, potential investors and members of the brokerage community, for and on behalf of the Company.

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

Stanley Ma, President & CEO

For further information, please contact Jean Francois Dube, Tel: 450-226-8475 Fax: 450-226-7549
or Email: jfcinc@cgocable.ca

This new release was prepared by management who takes full responsibility for its contents. The Canadian Venture Exchange neither approves nor disapproves the contents of this news release.