

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

December 22, 2003

TSXV Trading Symbol: "MTY"

NEWS RELEASE

INVESTOR RELATIONS COUNSEL HIRED

The Company is pleased to announce the appointment of Quebec based boxe comm, represented by Mr. Jean Francois Dube, as their investor relations specialists, effective January 19, 2004, for a 12 months term, at a monthly remuneration of \$3,000 per month all inclusive. In addition to the monthly remuneration, Mr. Dube shall entitled to purchase 250,000 shares of the Company incentive stock options, with 125,000 shares at \$0.50 per share, and 125,000 at \$0.75 per share, all for a two years period, and subject to TSXV standard rules and regulations.

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

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

Stanley Ma, Chairman of the Board

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.