

MTY increases its quarterly dividend by 21%

TSX Trading Symbol: "MTY"

MONTREAL, Jan. 22, 2014 /CNW Telbec/ - MTY Food Group Inc. ("MTY" or the "Company") (TSX: MTY), franchisor and operator of multiple concepts of quick service restaurants, announced today that it will increase its quarterly dividend to 8.5¢ per share, payable on February 14, 2014 to shareholders registered in the Company's records at the end of the business day on February 4, 2014.

It is the 3rd consecutive annual increase of the dividend following the inception of the Company's dividend policy in 2010. "We are very excited to announce another important increase in our dividend, which signals our confidence in MTY's future earnings potential and further demonstrates our commitment to financial discipline" says Stanley Ma. "This increase in our dividend in no way affects our growth strategy, which will come from successfully completing acquisitions and achieving strong organic growth".

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

SOURCE: MTY Food Group Inc.

%SEDAR: 00005286EF

For further information:

please contact Eric Lefebvre, Chief Financial Officer at 1-514-336-8885 or by email at ir@mtygroup.com, or visit our website: www.mtygroup.com or SEDAR's website at www.sedar.com under the Company's name.

CO: MTY Food Group Inc.

CNW 08:38e 22-JAN-14