

MTY increases its quarterly dividend by 27%

TSX Trading Symbol: "MTY"

MONTREAL, Jan. 23, 2013 /CNW Telbec/ - MTY Food Group Inc. MTY Food Group Inc. ("MTY" or the "Company") (TSX: MTY), franchisor and operator of multiple concepts of quick service restaurants, announces an increase of 27% of its quarterly dividend payment, which increases from 5.5¢ per share to 7¢ per share. The 7¢ dividend will be payable on February 15, 2013 to shareholders registered in the Company's records at the end of the business day on February 4, 2013.

"We are very excited to announce another increase in our dividend, which signals our confidence in our future earnings and demonstrates our commitment to financial discipline" says Stanley Ma. He adds "This increase will in no way affect our growth strategy, which will come from successfully completing acquisitions and achieving 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.

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CO: MTY FOOD GROUP INC.

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