

*MTY FOOD GROUP INC.*  
*(The "Company")*

July 29, 2003

TSXV Trading Symbol: "mty"

**NEWS RELEASE**

**MTY Food Group (formerly Insu Group) announces 2<sup>nd</sup> Quarter Results**

MTY Food Group Inc. formerly Insu Innovations Group Inc., today reported its Financial results for the six month period ended May 31, 2003.

The Company's restaurant and franchise consolidated sales have increased by 27%, from \$4.28 million for the same period during fiscal 2002 to \$5.45 million in fiscal 2003.

EBITDA have increased to \$1,097,593 from \$926,585 representing an increase of 18% for the last 6-month period via the same period of last year.

For period ended May 31, 2003, the Company reported a net earnings of \$3,969 or \$0.00 per share compared to a net earnings of \$200,557 or \$0.01 per share for the same period last year. The drop in net earnings is attributed to the loss on discontinued operations of the Company's Computer division which accounted for \$441,133, and was disposed on June 1<sup>st</sup>, 2003.

The Company had as at May 31, 2003 \$3.86 million of cash and temporary investments compared to \$4.83 million as of November 30, 2003.

**ON BEHALF OF THE BOARD OF DIRECTORS**

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Stanley Ma, Chairman of the Board

For more information contact Claude St-Pierre at 514 336 8885 ext. 228 or visit our website: [www.insugroup.com](http://www.insugroup.com) or email us at [info@insugroup.com](mailto:info@insugroup.com)

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