

MTY FOOD GROUP INC.
(the "Company")

March 16, 2010

TSXV Trading Symbol: "MTY"

NEW DIRECTOR APPOINTED

MTY Food Group Inc. (MTY), franchisor and operator of 1,570 quick service restaurants wishes to announce the appointment of Jason Lin to its board of directors. Mr. Lin has been serving in the financial industry for the past ten years and is currently a Director at DRI Capital Inc. a private equity firm in Toronto where his responsibilities include deal structuring and valuation. Prior to DRI Capital, Mr. Lin was a member of DAFNA Capital Management, a Los Angeles based equity fund. His experience also includes performing equity research at both Granite Financial and Morgan Stanley. Mr Lin started his career at Dresdner RCM Global Investors (now a company of Allianz) in fixed income and corporate debt after receiving a BA in Economics and International Business from the University of Iowa.

Mr. Lin's appointment to the Company is subsequent to the resignation of Mr. Harley Oberfeld from the Company's Board of Directors. Mr. Oberfeld will continue to work with the Company through Oberfeld Snowcap for sites selection. On behalf of the Board, I sincerely thank Mr. Oberfeld for his loyalty and commitment to the company over the last 12 years and many more years to follow.

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

Stanley Ma, Chairman, President & CEO

For more information please contact Jean-Francois Dube, Investor Relations at 1-450-226-8475 or by email at jfcinc@cgocable.ca or visits our website: www.mtygroup.com The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release.