

MTY FOOD GROUP INC.

(the "Company")

3465 Thimens Blvd.
St-Laurent, Quebec, H4R 1V5
Ph: (514) 336-8885
Fax: (514) 336-9222

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Trading Symbol: TSX Venture - MTY

NEWS RELEASE

Further to the Company's news release dated September 25, 2003, the share transfer to Stanley Ma of 3,100,000 common shares of the Company, representing approximately 20.54% of the total issued shares, has been completed.

Mr. Ma previously held 1,238,143 common shares of the Company or 8.2% of the total issued shares. Mr. Ma now holds an aggregate of 4,338,143 common shares, representing 28.74% of the total issued and outstanding shares of the Company. Mr. Ma intends to hold the shares for investment purposes. As previously announced, there will not be any change in the management or Board of Directors of the Company as a result of the share transfer.

ON BEHALF OF THE BOARD

Claude St-Pierre,
President & Director

THE TSX VENTURE EXCHANGE HAS NOT REVIEWED AND DOES NOT ACCEPT
RESPONSIBILITY FOR THE ADEQUACY OR ACCURACY OF THIS RELEASE.