

MTY FOOD GROUP INC.

(the "Company")

3465 Thimens Blvd.
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Trading Symbol: TSX Venture - MTY

NEWS RELEASE

Two principal shareholders have agreed to sell a total of 3,100,000 common shares of the Company, representing approximately 20.54% of the total issued shares to Stanley Ma, the Chairman and a director of the Company.

Mr. Ma currently holds 1,238,143 common shares of the Company or 8.2% of the total issued shares. Upon completion of the share transfers, Mr. Ma will hold 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. There will not be any change in the management or Board of Directors of the Company as a result of the share transfers.

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.