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FOR IMMEDIATE RELEASE

Margaret Sarrasin, founder of MJ's Fine Foods, nominated for 2003 Rotman Canadian Woman Entrepreneur of the Year Awards

Toronto, Canada ~ July 8, 2003 ~ MJ's Fine Foods is pleased to announce that president and founder, Margaret Sarrasin has been nominated for the 2003 Rotman Canadian Woman Entrepreneur of the Year Awards.

Since 1992, the Rotman Canadian Woman Entrepreneur of the Year Awards have paid tribute to Canada's most successful female entrepreneurs for their important contributions to the economy. The annual competition is an initiative of the University of Toronto's Rotman School of Management and BMO Financial Group. The purpose of the Awards is to provide national recognition to Canada's women entrepreneurs, whose successful businesses and achievements contribute so much to the Canadian and global economies as well as to their communities.

"I'm very honoured to be nominated for this prestigious award," said Margaret Sarrasin, "I continue to be thrilled and amazed by the success of my products and the growth of my company."

A lover of good food and creative cooking Margaret began experimenting with a favourite flatbread recipe in 1998. After many months of testing and tasting with different ingredients and baking methods, a wholly unique rosemary flatbread emerged. Buoyed by all the excitement surrounding her cooking success, she approached a few local gourmet food shops in the neighborhood.

Spurred on by the overwhelming demand for her flatbread, Margaret continued baking her handmade flatbreads from her kitchen at home in the early morning hours, while still working a full time day job. Faced with the realization of the huge growth potential for her flatbread, at age 61, Margaret quit her job and started MJ's Fine Foods Inc. in January of 2000 with partner, Richard Bedford.

Within ten months, the MJ's line of flatbreads were selling at specialty shops all around Toronto and had expanded to large national grocery chains and attracted new retailers and accounts in Ottawa, London and Vancouver.

Today Margaret continues to play an active everyday role, working closely with employees. With an abundance of energy and purpose, Margaret is dedicated to leading this young company to new heights, making the best and most innovative products in the market. Her commitment to the continued research and development for her products continues to set the benchmark and break new ground in the bakery and food industries.

MJ's Fine Foods Inc is a specialty food company that produces gourmet flatbreads made with premium quality natural ingredients without preservatives. The flatbreads are sold in grocery and specialty food stores in Canada and the U.S. under the brand names Margaret's Artisan Flatbread and Sante Fe Flatbread Co. and are available in five and four flavours respectively.

For more information about Margaret's Artisan Flatbreads, contact Kairen Wu at 1-877-240-5384.