



MPAC INDUSTRIES CORP.

Suite 508 - 4438 West 10th Avenue
Vancouver, B.C.
V6R 4R8

NEWS RELEASE

December 19, 2005

SYMBOL: "MPN" on TSX-V

MPAC GRANTS STOCK OPTIONS

Vancouver, BC, December 19, 2005: MPAC Industries Corp. (the "Company") announces that, under its stock option plan, it has granted incentive stock options to directors, officers, consultants and employees of the Company to purchase up to a total aggregate of 777,000 Common shares in the capital stock of the Company at a price of \$0.11 per share. The options are exercisable in twenty-five percent (25%) increments as follows: Immediately - 25%; in six months time - 25%; in twelve months time - 25%; and finally in eighteen months time the remaining 25%.

ON BEHALF OF THE BOARD OF DIRECTORS:

Leonard I.J. Goldsmith, CGA
Director, Corporate Secretary & CFO

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this news release.