

March 23, 2012



MFA Financial, Inc. Announces Quarterly Dividend of \$0.24 Per Share

NEW YORK, March 23, 2012 /PRNewswire/ -- MFA Financial, Inc. (NYSE: MFA) announced today that its Board of Directors declared a regular quarterly cash dividend of \$0.24 per share of common stock for the first quarter of 2012. The dividend will be paid on April 30, 2012, to stockholders of record on April 4, 2012.

Stockholders interested in learning how to participate in MFA's Discount Waiver, Direct Stock Purchase and Dividend Reinvestment Plan (the "Plan") or receiving a Plan prospectus may do so by contacting Computershare Shareowner Services, the Plan administrator, at 1-866-249-2610 (toll free). For more information about the Plan, interested stockholders may also go to the website established for the Plan at <http://www.bnymellon.com/shareowner/isd> or visit MFA's website at www.mfa-reit.com.

MFA is a real estate investment trust primarily engaged in the business of investment, on a leveraged basis, in Agency and Non-Agency residential mortgage-backed securities.

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