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FOR IMMEDIATE RELEASE

UFood Grill Opens in Westfield Galleria
Second California Location for Boston-Based Restaurant Chain

Roseville, CA January 22, 2009: UFood Restaurant Group, Inc. (**OTCBB: UFFC**), an operator of “better-for-you” fast-casual restaurants, continues its nationwide expansion with the opening of their second California location in the new, upscale Dining Terrace of the Westfield Galleria in Roseville on November 13, 2008. The project is part of the \$270 million transformation at the Galleria and includes the company’s first-ever digital menu board system.

UFood Grill is where delicious meets nutritious. From choice meats to natural and organic ingredients, fresh produce, whole grains, and lower-fat cheeses and dressings, UFood Grill insists on using only the best ingredients. All of our menu items are baked, grilled or steamed. Nothing is fried, and there are no deep fryers in our operations. People want fast food, not junk food.

The Westfield location is UFood Grill’s first location in a mall setting. Early results indicate malls may be locations as active as airport locations. More locations will be coming on line this quarter in Draper, UT, DFW Airport in Dallas, TX and San Jose, CA.

The UFood Grill Story

UFood Grill takes a back-to-basics approach to tasty, healthful cooking, where everything served is high quality. With a broad menu that includes Burgers, Signature Sandwiches, UBowls™, Wraps, Grilled Entrees, Specialty Salads, Chili, Sides, Smuuthies™, and UBerry™, UFood Grill encourages guests to make dining choices that work for their life and they way they like to eat. UFood Grill (formerly KnowFat! Lifestyle Grille) has been presenting top quality food choices and nutritional products since 1996. The UFood Restaurant Group was founded by George Naddaff, best known for his role as founder of Boston Chicken (now Boston Market), Living and Learning Schools, and Mulberry Childcare Centers.

Forward-Looking Statements

This press release contains forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995 involving known and unknown risks, delays, and uncertainties that may cause our actual results or performance to differ materially from those expressed or implied by these forward-looking statements. These risks, delays, and uncertainties include, but are not limited to: risks associated with the uncertainty of future financial results, our reliance on our sole supplier, the limited diversification of our product offerings, additional financing requirements, development of new products, government approval processes, the impact of competitive products or pricing, technological changes, the effect of economic conditions and other uncertainties detailed in the Company's filings with the Securities and Exchange Commission. The Company undertakes no obligation to update any forward-looking statements.