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**FOR IMMEDIATE RELEASE**

### **UFood Grill Recognized for Whole Grain Menu Items in National Competition**

**Boston, MA January 27, 2009:** UFood Restaurant Group, Inc. (OTCBB: UFFC), an operator of “better-for-you” fast-casual restaurants, was named runner-up in the Quick Serve category of the national Whole Grains Challenge by the Whole Grains Council and Oldways. The contest is a national competition for foodservice outlets who use whole grains in creative and pervasive ways. Each operation had to offer at least one daily whole grain option in order to be eligible. UFood Grill boasts numerous whole grain menu items such as whole grain brown rice in their unique “UBowls™” and whole grain breads and tortillas on their Signature Sandwiches and Wraps.

The Whole Grains Council is dedicated to helping consumers find whole grain foods and understand their health benefits and help manufacturers to create delicious whole grain products.

Oldways is a non-profit educational organization aimed to change the way people eat through practical and positive programs grounded in science and nutrition.

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UFood Grill takes a back-to-basics approach to tasty, healthful cooking, where everything served is high quality and guests are encouraged to make dining choices that work for their life and the way they like to eat. 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. To learn more, please visit [ufoodgrill.com](http://ufoodgrill.com).

### **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.