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FOR IMMEDIATE RELEASE

UFood Grill Announces Opening of 3rd Chicago Location

Boston, MA January 26, 2009: UFood Restaurant Group, Inc. (OTCBB: UFFC), an operator of “better-for-you” fast-casual restaurants, today announced the opening of the third UFood Grill location in the Chicago metropolitan area in less than a year. This franchise was developed and operated by franchisee Carl Dissette. The latest store is located in the upscale Lincoln Park neighborhood at 2218 N. Lincoln Avenue, in between DePaul University and Children’s Memorial Hospital. The two other Chicago locations are located on 200 W. Jackson Boulevard and 823 S. State Street.

George Naddaff, Chairman and Chief Executive Officer of UFood Grill, said, “Carl Dissette has an extensive background in food operations and we are honored to have him on our team.”

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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.

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.