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UFood Restaurant Group, Inc. Completes Merger: Company Now Public Trading Under the Symbol UFFC

Boston, MA January 4, 2008: UFood Restaurant Group, Inc. (OTCBB: **UFFC**), a franchisor and operator of fast-casual food service restaurants and nutritional product retail stores, today announced the completion of its reverse merger and subsequently has commenced trading as a public company under the symbol “UFFC” on the OTC Bulletin Board.

“The completion of this merger is a milestone for UFood,” said George Naddaff, Chairman and CEO of the Company. “This is an exciting time of growth for us, as we work to provide nutritionally aware consumers with mainstream food that tastes great. As we say here at UFood --*feel great...eat smart.*”

UFood, a franchisor and operator of fast-casual food service restaurants, is capitalizing on burgeoning consumer demand for quick service restaurants that offer great-tasting food with healthy attributes, such as reduced saturated fat, trans fat, and processed carbohydrates. UFood Grill lists the ingredients as well as the nutritional values for each menu item, so consumers have the same information in a restaurant setting that they find in the supermarket. With its innovative menu, UFood Grill’s mission and concept is to target mainstream customers and provide great taste and an overall pleasing dining experience.

The fast-casual dining segment is led by companies such as Chipotle Mexican Grill (NYSE: **CMG**) and Panera Bread Company (Nasdaq: **PNRA**), and caters to customers who desire the convenience of a fast-food chain and are willing to pay a premium for higher quality, differentiated menu items.

UFood also offers an integrated convenience-style retail store within the restaurants that carry a wide variety of health-oriented nutrition products, such as supplements, vitamins, nutrition bars, energy drinks, and healthy snacks. There are currently nine UFood Grill restaurant locations, seven of which are located in the Boston area, with one location each in Naples, Florida and Sacramento, California. UFood has sold six Master Area Development Agreements and 64 franchise licenses throughout the United States.

UFood is led by George Naddaff who has extensive restaurant and franchising experience, including founding Boston Market and leading the franchising expansion of several other companies such as Sylvan Learning Center and Ranch*1. Supporting UFood’s executive management is a balanced and seasoned team with a variety of experiences from companies such as TCBY, Metromedia Restaurant Group, Dairy Queen, Inc., Atlanta Bread Company, Trakus, AnnTaylor Corp. (NYSE: **ANN**), Kenneth Cole (NYSE: **KCP**) Burger King (NYSE: **BKC**), and Limited Brands (NYSE: **LTD**) to assist in developing and supporting UFood’s franchising strategy and infrastructure.

For full disclosure on the merger, please refer to the 8-K Filing at <http://finance.yahoo.com/q/sec?s=UFFC.OB>

About UFood Restaurant Group, Inc.

Headquartered in Boston, MA, UFood Restaurant Group, Inc. is a franchisor and operator of fast-casual food service restaurants with an integrated retail store that sells nutritional products for a dual revenue stream business. UFood Grill offers a healthy lifestyle alternative to consumers in the fast-casual restaurant space and is positioned to become a leading player in the “better-for-you” quick serve restaurant category. The Company is led by franchise innovator George Naddaff, who founded Boston Market and led the franchising of several companies including Sylvan Learning Center and Ranch*1. Mr. Naddaff has a veteran management team with a record of success in the franchise market. Ufood is currently launching a growth plan to franchise nationwide.

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.