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UFood Restaurant Group, Inc. Announces Board of Directors

Boston, MA January 8, 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 addition of Mark Giresi to the Board of Directors. Mr. Giresi previously spent almost 16 years at Burger King Corporation (NYSE: **BKC**) where he held several executive positions including Senior Vice President of U.S. Franchise Operations and Development, and Worldwide General Counsel. Mr. Giresi has also worked for Limited Brands (NYSE: **LTD**) since 2000 and is currently Executive Vice President–International. He oversees the worldwide development and expansion for Victoria’s Secret and Bath & Body Works.

“I welcome Mark to UFood's Board of Directors. His experience in the franchise business will play an intricate role in our Company's governance and corporate oversight. We have great confidence that he will quickly prove to be a highly valuable member of the team,” said George Naddaff, Chairman and CEO of the Company. “We have put together a great team to implement our business plan and I look forward to working with Mark and our talented colleagues in making 2008 a successful year in the Company’s growth.”

Mark Giresi comments, “I am delighted to join George on his new venture. With such a seasoned group, I am looking forward to working with the UFood team to form what we feel can grow into a nationally recognized franchise over the next few years.”

Mark Giresi rounds out a veteran Board of Directors, as follows:

Chairman and CEO, George Naddaff, Mr. Naddaff began his career in food service when he co-founded International Foods, which operated 19 KFC franchises in the Boston area and was sold in 1970. He was Chief Executive Officer for 18 years at Business Expansion Capital, Inc., an investment firm located in Newton, Massachusetts. From 1997 to 2001, Mr. Naddaff held various management positions, including acting Chief Executive Officer at Ranch*1, Inc., a franchisor of quick service restaurants. Founder and former CEO of Boston Market, Mr. Naddaff developed Boston Chicken/Boston Market into a national franchise brand and in 1992 sold it to a group of Blockbuster Video executives. Mr. Naddaff has founded and/or been significantly involved with several other successful concepts including: Mulberry Child Care Centers, which had over 90 company-owned childcare centers when it was sold to KinderCare; Sylvan Learning Centers, the nation’s leading after-school learning facilities; Living and Learning Schools, which operated more than 50 upscale childcare facilities and was sold to KinderCare; and VR Business Brokers, the nation’s largest business brokerage franchise with over 350 offices, which was acquired in 1986 by Christies, London.

President and Chief Operating Officer, Charles A. Cocotas, Mr. Cocotas is an experienced executive with more than 35 years experience in the restaurant industry, which included the launch of start-up ventures as well as turn-arounds with established corporations operating both company and franchise restaurants. He has served as President, Chief Executive Officer and/or Chief Operating Officer of various companies including Boston Chicken, where he joined George Naddaff in launching one of the best first day IPO’s in the history of Wall Street. Mr. Cocotas also served with other public and private companies including Church’s Fried Chicken, TCBY and Best Friends Pet Care. He was Executive Vice President with International Dairy Queen, responsible for their Golden Skillet Fried Chicken subsidiary.

Robert C. Grayson, Mr. Grayson has many years of experience in the retail industry. Since 1992, Mr. Grayson has been the President and Chief Executive Officer of RC Grayson and Associates, a retail-oriented consulting firm in New York City. Mr. Grayson was the former CEO of Limited Stores and the former Vice Chairman of Tommy Hilfiger. He currently serves as a director of AnnTaylor Corp., Kenneth Cole, and Frisby Technologies.

Jeffrey Ross, Mr. Ross was the owner and CEO of both Thayer Drugs and Pet Supply Depot. Since 1999 he has been Managing Partner of RossFialkow Capital Partners, an investment advisory firm specializing in private equity and merger and acquisition transactions. Mr. Ross was also the President and Chief Executive Officer of Hearthstone Assisted Living, a chain of assisted living facilities in Houston, Texas.

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.

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.