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UFood Restaurant Group, Inc. Opens in Boston's Logan Airport

Boston, MA January 1, 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 successful opening of UFood Grill at Boston Logan International Airport. The Airport's newly renovated Terminal B serves millions of American Airlines (NYSE: AMR) travelers per year, and UFood Grill is the first eatery a traveler encounters after the security check-point of the terminal. Capitalizing on 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 stands out among the traditional airport fare.

Boston Logan International Airport is one of the 20 busiest airports in the U.S. with over 27 million passengers a year; Terminal B being the busiest terminal within the airport. The billion-dollar renovation project for Terminal B includes adding an additional 15,000 square feet of concession space to provide travelers with a variety of eateries with diverse menus.

“We have gotten a tremendous amount of positive feedback from the travelers that have experienced UFood at the airport,” said George Naddaff, Chairman and CEO of UFood. “The opening of UFood at Boston's Logan Airport is the first of what we hope will become a new, better way for travelers to eat at airports all across the country. We are thrilled with the success of the launch, as it has proven to us that consumers have long been waiting for a diverse, healthier menu such as ours. Being in one of the busiest terminals puts us in front of millions of patrons that will engage in UFood Grill's concept *feel great...eat smart.*”

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.