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FOR IMMEDIATE RELEASE

UFood Grill Named “2009 Best New Food & Beverage Concept” by Airport Revenue News

Boston, MA February 18, 2009: UFood Restaurant Group, Inc. (OTCBB: UFFC), an operator of “better-for-you” fast-casual restaurants, has been named “Best New Food & Beverage Concept” in the Small Food & Beverage Operator category by *Airport Revenue News*’ 2009 Best Airports & Concessionaires competition. UFood Grill was nominated by Logan Airport, the site of their first airport location, and beat out 18 other concepts for the title. This is an exciting win for the concept as they are preparing to expand their airport presence with a store opening at DFW Airport at the end of the month.

UFood Grill has been approved for a second location at Logan Airport in Terminal C (United Airlines). Also, UFood Grill has a number of applications in process for additional airports across the country.

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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.