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FOR IMMEDIATE RELEASE

UFood Grill Appoints Two New Members to Board of Directors

Boston, MA May 19, 2009 – UFood Restaurant Group, Inc. (OTCBB: UFFC) has appointed two new members to their Board of Directors. Joining the team are Keith Mueller and Richard Golden, both formerly of Accenture.

Mr. Mueller currently serves as Advisor to BookKeeping Express, the only national franchise providing book keeping services to small and medium-sized businesses, and Cate Street Capital, the owner and developer of a New Hampshire based bio-mass power plant that is intended to provide 65 megawatts of clean energy starting in 2010. He also held a number of management roles during his 27 years at Accenture and focused on large clients in the Utility Industry. Some of experiences include leading the Utilities practice in North America that had over \$800 million in revenues and 1,000 people and building a startup outsourcing practice from start-up to over \$500 million in revenue in four years with over 4,000 individuals.

Mr. Golden is a Managing Director of Alumni Capital Network, a private equity firm specializing in buying and building small to mid-sized businesses. He managed the fund-raising for the firm's \$68 million fund and serves as a Board member for two portfolio companies. Previously, he spent 28 years with Accenture in various executive management roles where he managed large-scaled business improvement projects for Global 1000 companies, concentrating on airlines, manufacturers and retailers. His positions include Managing Director – Sweden and Finland which averaged about 25% growth per annum and Corporate Chief of Staff where he helped manage the transition of Accenture from a global partnership to an international corporation.

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About UFood Restaurant Group, Inc.

Headquartered in Boston, MA, UFood Restaurant Group, Inc. is a franchisor and operator of fast-casual food service restaurants. 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's 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. To learn more, visit ufoodgrill.com.