



Contact: Alexis Mimos
(617) 787-6000

FOR IMMEDIATE RELEASE

UFood Grill Nominated for “Best Healthy Lunch” by Boston College

Boston, MA January 29, 2009: UFood Restaurant Group, Inc. (OTCBB: UFFC), an operator of “better-for-you” fast-casual restaurants, has been nominated for “Best Healthy Lunch” by the students of Boston College in their yearly Top of the Heights contest. Top of the Heights is a 4-week promotional contest and city guide put on by The Heights, the newspaper for Boston College, and CityVoter. During the month of February students, alumni and residents of the Boston area will vote for their favorite local businesses on the official contest site, <http://topoftheheights.com>. Voting begins February 2nd and runs through February 27th.

###

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.