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**FOR IMMEDIATE RELEASE**

**UFood Restaurant Group, Inc. Partners  
with F.C. Dadson for Store Build-Outs**

**Boston, MA January 21, 2009:** UFood Restaurant Group, Inc. (**OTCBB: UFFC**), an operator of “better-for-you” fast-casual restaurants, hired F.C. Dadson of Greenville, Wisconsin to handle their new store build-outs. F.C. Dadson is the leader in store builds-outs for the Franchise Industry. They’re a 20 year old company that currently works with over 50 of the top Franchises in the country such as Submarina, Swoozies, Tropical City Smoothie, Village Coffee and Weight Watchers.

Known for their “Store-in-a-Box” approach, they fabricate components in their plant and ship to the location for easy installation. The service encompasses architectural drawings, general contracting, permitting and supply side items such as custom millwork, graphics and equipment. UFood Grill expects build-out costs for new stores could result in construction savings of as much as \$100,000 per unit.

George Naddaff, CEO, said “this will enable our franchisees to focus on hiring the right people and marketing their businesses instead of spending valuable time building out their stores.” Naddaff also said “that F.C. Dadson will help speed up the process of getting our stores opened around the country”.

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](http://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.