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PRESS RELEASE

RCM TECHNOLOGIES, INC. ANNOUNCES ACQUISITION OF PROJECT SOLUTIONS GROUP, INC.

Pennsauken, NJ – July 14, 2009 – RCM Technologies, Inc. (NASDAQ: RCMT) announced the acquisition of Project Solutions Group, Inc. (PSG), a Marlborough, MA-based specialty provider of project portfolio management and training services for a diverse client base. PSG is a Microsoft Gold-Certified Partner with multiple offices and sales locations nationwide.

PSG has an attractive range of competencies that include Enterprise Project Management, Information Worker Solutions, Portals and Collaboration, and ISV (Independent Software Vendor) / Software Solutions. PSG's major customers include American Family Insurance, Autodesk, Children's Healthcare of Atlanta, Continental Airlines, Intuit, M&T Bank, Microsoft, Revlon, Toys R Us and University of Wisconsin - Madison. A newly-formed Enterprise Project Management business unit, which encompasses former PSG business, will be part of RCM's Enterprise Business Solutions group under the leadership of Dale Mansour, RCM Senior Vice President. Former PSG principals Tom Westcott, Tod Monchecourt, and Anisha Mason will manage this new unit.

The RCM Enterprise Business Solutions group's core mission is to create value-oriented offerings that produce proprietary customized solutions and include intellectual property by bundling software, systems, tools and services into integrated and comprehensive business and technology solutions. PSG's services fit well within RCM's overall strategy by complementing and supplementing its existing service offerings. By acquiring PSG, RCM has strengthened the foundational technology layer of its Enterprise Business Solutions group. PSG's solution expertise, including its Software as a Service (SaaS) offering, enhances RCM's diversified Microsoft-focused consulting and solution services.

Leon Kopyt, Chairman and CEO of RCM, commented: "We are pleased to welcome PSG into the RCM family and believe that their established Microsoft expertise will greatly contribute toward expanding our Enterprise Business Solutions offerings."

Dale Mansour, RCM's Senior Vice President of Enterprise Business Solutions, remarked: "The PSG acquisition enhances our reputation as one of the nation's top client-focused Microsoft technology-based systems integrators. We believe that PSG is an attractive fit to RCM's current capabilities because it extends our geographic footprint in the Microsoft space and expands RCM's ability to serve its clients in mitigating business process issues in the enterprise market."

Tom Westcott, former CEO of PSG, explained: "Since our inception, PSG has been a recognized leader in providing project and portfolio management services. PSG has trained thousands of professionals, managed hundreds of projects, developed SaaS offerings for project and portfolio management, and implemented hundreds of Microsoft-based enterprise technology solutions for our customers. Being part of RCM's organization offers us an improved design and delivery capability as well as proven leadership, strong vision, comprehensive technology solutions and a growing national presence. We are excited to join RCM, a company that shares our values, our passion and our commitment to our customers, partners and employees."

About RCM

RCM Technologies, Inc. is a premier provider of business and technology solutions designed to enhance and maximize the operational performance of its customers through the adaptation and deployment of advanced information technology and engineering services. RCM is an innovative leader in the design, development and delivery of these solutions to commercial and government sectors for more than 35 years.

RCM's offices are located in major metropolitan centers throughout North America. Additional information can be found at www.rcmt.com.

The Statements contained in this release that are not purely historical are forward-looking statements within the Private Securities Litigation Reform Act of 1995 and are subject to various risks, uncertainties and other factors that could cause the Company's actual results, performance or achievements to differ materially from those expressed or implied by such forward-looking statements. Forward looking statements include, but are not limited to, those relating to demand for the Company's services, expected demand for our services and expectations regarding our revenues, the Company's ability to continue to utilize goodwill, to continue to increase gross margins, to achieve and manage growth, to develop and market new applications and services, risks relating to the acquisition and integration of acquired businesses, the ability of the Company to consummate acquisitions as to which it executes non-binding letters of intent, demand for new services and applications, timing of demand for services, industry strength and competition and general economic factors. Investors are directed to consider such risks, uncertainties and other factors described in documents filed by the Company with the Securities and Exchange Commission.

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