

## 'You Don't Need a Dump Truck of Money to Make a Difference': Cambridge Business Owner Helps Out Food Banks

By Syerra Turry



A Cambridge business owner has partnered with local food banks to give back to the community.

Mark MacGregor, owner and CEO of City Wide of Southwestern Ontario, says he's using his position as a business owner to partner with community organizations.

He sat down with staff of the Food Bank of Waterloo Region to determine the best ways he could support them and the Cambridge Self-Help Food Bank.

In February, he donated 3,750 meals to the two.

More recently, MacGregor began providing the food banks with industrial strength disinfectant materials — the same type he uses for his building maintenance franchise. He worked with his independent contractors to pull together the materials that would then be distributed at each distribution centre.

“Disinfection services are the difference between an employee coming to work ready to work and the difference between an employee coming in afraid to work or calling in,” he says.

He says he wanted to help staff and volunteers be able to feel more confident and safe in their work environment, so offered spray bottles, disinfectant spray, colour-coded microfibre cloths, labels, SDS sheets and some education.

“It kind of hit me that some of these people are going to be working for free and the food bank is going to be so necessary that we can't afford it to close because people are getting sick or are afraid to come into work.”

Before becoming CEO and owner of City Wide almost one year ago, MacGregor worked in social services in the region, including being an Ontario Works case worker.

“I’m a strong believer that our community is only as strong as its weakest members. If there’s anything I can do to make my community stronger, I’m going to do it,” he says.

Outside of work, MacGregor says he’s also helped out his wife Stefanie MacGregor with a grocery program run by their church. This included making grocery deliveries for people who are self-isolating, donating grocery gift cards and toilet paper as needed.

“You don’t need a dump truck of money to make a difference,” he says.

MacGregor encourages others to take their own skills, abilities and resources to help their community in a way that makes sense for them.