

PRESS RELEASE

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Uptown's Macro Foods – Healthy Habits for Better Living

June 14, 2021 – WATERLOO, ON – One of Uptown Waterloo's newest members, Macro Foods Inc. is helping to change the way people think about food and reinforce healthy habits for better living. Founded in 2015, they are in the business of making high quality, chef-prepared, ready-to-eat meals by taking farm fresh ingredients and perfect portion sizes to fuel bodies and get the most out of every single day.

"The Macro Foods motto is simple, good food starts from the roots up," shares Uptown Macro Foods Co-Owner, Omar Abou-Said. "We take a holistic approach to food preparation by getting back to the basics, forgetting about processed and manufactured foods and encouraging authentic home cooking."

Macro Foods Inc. is proud to be part of many healthy living, success stories that, in turn, have allowed them to expand to six retail locations across Ontario, with the newest location on Willis Way (95 King Street South) in Uptown Waterloo.

"Our freshly prepared, grab-and-go meals are stocked every day and vacuum-sealed to stay fresh for 5-6 days, adds Mr. Abou-Said. "With over 50 different menu options and monthly features, there is a huge variety of meals from which to choose." Macro Foods also sells shakes, supplements and healthy snacks to complement any healthy lifestyle.

Conveniently, Macro Foods also delivers fresh foods across Ontario directly to anyone's doorstep. Individuals can order online at www.macrofoods.ca and select from the regular meal options or even build their own meals to fit their nutritional goals. Macro Foods also offer packages and subscriptions that include additional savings available online as well.

Supporting their community is also important to Macro Foods as each Wednesday they provide up to 5,000 meals to local hospitals in Kitchener and Cambridge. They are also collaborating with the hospitals to assist covid-19 patients staying in hotels that have limited access to food.

"We are super excited to welcome Macro Foods to our Uptown family," adds Tracy Van Kalsbeek of the Uptown Waterloo Business Improvement Area. "Now that businesses have opening up in Step 1 of Reopening Ontario, everyone is encouraged to drop by and give their tasty food a try!"

Photo enclosed.

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About the [Uptown Waterloo Business Improvement Area](#)

Formed in 1972, the Uptown Waterloo Business Improvement Area (BIA) is a committee of the City of Waterloo's Council responsible for the organization, physical improvement and economic development of the Uptown business area. As an independent, non-profit organization, we are led by a volunteer Board of Directors comprised of business and property owners, persons voted in by rate-paying member(s) and member(s) of Waterloo Council.

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come on up.