Jack Greenberg was born in Toronto in 1940 to a Jewish family. His elementary years were ordinary, likewise to his secondary years, where he attended school at Forest Hill High. However, due to the poor health of his father nearing the end of Jack's secondary education, a family decision was made for Jack to not attend university.

As such, throughout his young adulthood, Jack faced immense responsibility as he had to work tirelessly to support both him and his family. He worked many jobs, the most notable of which being in the food service industry. Unfortunately, in 2000, after 45 years of work, Jack was forced to retire due to health complications. However, this was not before he met and married Tolsa Greenberg, and started a family with two daughters. He now has 4 grandchildren, all of whom he loves very much.

Currently, Jack is retired, but he is still actively involved in the community. In 2001, Jack started volunteering for the Circle of Care, a non-profit organisation offering services to improve the lives of people around the Greater Toronto Area. Within the Circle of Care, Jack started a transportation service called iRide, where he and others would help transport elderly citizens around the city. He did this for 12 years until a near-collision with a taxi driver compelled him to stop in consideration of the safety of him and his clients.

Nevertheless, he still volunteers to deliver meals to the community with Meals on Wheels, where he has been helping for over 20 years and counting.