

Conserving ...a green way of living  
Its Roots begin in our Kitchen

We've assembled an outstanding green kitchen routine

The most appropriate place to embrace  
And realize a happy face.... of family activity  
Is where we adore our Ace..... the kitchen  
So our kitchen emerges as the vital hub  
Where we relish deliciously prepared grub  
In creating a daily green kitchen routine

We believe our family is an all-star team  
So we will achieve accomplishing a central dream  
Of generating a green kitchen routine

From the freezer to the refrigerator is how we thaw our meat  
And run our dishwasher full but not during peak.....hours  
We also pack our refrigerator to be fully stocked  
We multi-task when boiling water...use the water from the same pot  
For coffee, tea, jello, oat meal or wheat cream

We believe our family is an all-star team  
So we will achieve accomplishing a central dream  
Of generating a green kitchen routine

All our cutting knives are as sharp as a sword  
And we enjoy a large durable cutting board  
40 degrees is the perfect temp in the refrigerator  
We use mixing/prep bowls a 10 piece set  
Including measuring & lids which will let  
You become a better cook I bet

In cutting back ways that mean  
Significant methods of water & energy savings  
This allows our team to beam  
And our kitchen is always clean

A family spends most of their time in the kitchen

Women food energy satisfying hunger happy appetite tummy

Burden

Delicatessen

Children

Makin muffins

Bakin

Cakin

Captain

Pamperin

Spin

Grin

Win

Tryin

MC Building, Inc. thinking begins in our kitchen