

# Sheryl Crow: My Sons “Keep Me Young”



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by Jenny Schafer for Celebrity Baby Scoop

Nine-time Grammy Award-winner Sheryl Crow has teamed up with the One A Day® Women's brand and Feeding America with the Nutrition Mission to help the close to 50 million Americans who live in food insecure households.

Sheryl opens up to [Celebrity Baby Scoop](#) about raising her “real boys” Wyatt, 6, and Levi, 3. The *Strong Enough* singer, 51, chats about her sons who can be “real clowns” and love to “break out into dance.” She goes on to talk about her first country album, *Feels Like Home*, and the joys of motherhood.

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**CBS: Tell us about partnering with the One A Day Women's brand and Feeding America. How did you get involved in the Nutrition Mission?**

SC: "I'm excited to team up with One A Day Women's and Feeding America this Hunger Action Month on year two of the One A Day Women's Nutrition Mission to help the nearly 50 million Americans that live with food insecurity. Since the start of the program, we've donated 4 million meals to Feeding America's network of more than 200 food banks, which helps distribute food in communities across America. One A Day Women's has also awarded \$100,000 in grants to local food banks to help people in local communities to continue the fight against hunger."

**CBS: How do you balance your career and motherhood?**

SC: "I try to keep Wyatt and Levi's lives as consistent as possible. We spend a lot of time at home and that's my priority with work coming second. I've also got a great team and family who pitch in to make it all happen."

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**CBS: Do you believe "women having it all" is unrealistic or is it attainable?**

SC: "I think having children changes your ideas about what having it all means. I don't feel the same way about work as I did before I had Wyatt and Levi, but I pride myself on finding balance. I love making music and I love raising my boys – I find time to make both a priority."

*For the rest of the interview, visit [www.celebritybabyscoop.com/2013/09/30/sheryl-keep-young](http://www.celebritybabyscoop.com/2013/09/30/sheryl-keep-young).*