

## Food and Nutrition at YoungerMusik

Food and nutrition are at the core of a child's growth, helping to build immunity and maximize cognitive development. The most recent research has shown lifelong benefits from optimal nutrition, especially between conception and the age of two. With this in mind, food and nutrition at YoungerMusik are pegged to the highest standards. We serve organic and whole foods. We provide organic milk, juice and water as beverages. Our meals and snacks contain a wide variety of foods from every food group. We serve whole grains, poultry, and provide four servings of organic fruits and vegetables daily, and rarely serve items containing much sugar.

We allow you to bring food from home if your child has a specific diet. Dietary restrictions are never a problem at YoungerMusik and we are more than happy to work with you around this if need be.