

# VEGETARIAN-FRIENDLY BOOKS FOR CHILDREN AND PARENTS

The following list of veggie-friendly books was compiled by Dasha Bushmakin, Debra Wasserman, and Reed Mangels, PhD, RD with assistance from parents on The Vegetarian Resource Group's Parents and Kids Facebook Group  
[www.facebook.com/groups/VRGparentsandkids](http://www.facebook.com/groups/VRGparentsandkids)

## STORY BOOKS

### Teens

Dominic, Catherine. Amazing Disgrace. Five Star Publishing, 2006. This book centers on a vegan couple questioning their religious beliefs as a result of various happenings in their life. Teens and up.

Freeman, Suzanne. Omnibo. Texas Review Press, 2007. A creative novella that creates a fictional world where vegan values and animal rights themes prove to be the ethical decision. Teens.

Pandian, Gigi. The Accidental Alchemist. Midnight Ink. 2015. This mystery continuously refers to vegan cuisine. Teens.

Shaberman, Ben. The Vegan Monologues. Apprentice House, 2009. Offers a collection of a few dozen essays that tackle everything from rescuing stray animals to eating vegan Chinese food to attending Pink Floyd concerts. Teens.

Watkins, Steve. What Comes After. Candlewick Press, 2011. A coming-of-age story about a young vegetarian who encounters animal abuse and decides to stop it. Teens.

Zephaniah, Benjamin. The Little Book of Vegan Poems. AK Press, 2002. 22 poems to "the caring dedicated young vegans of the world...who will not stand for any exploitation whatever the species."

### 8-12

Bass, Jules. Debbie Harter (Illustrator). Peace, Love And Vegetables (Herb the Vegetarian Dragon). Barefoot Books; Book & Toy edition, 2005. In a faraway forest in a faraway land live Meathook and his band of carnivorous dragons who love feasting on tasty knights and princesses. There is one dragon who is different... Herb is a peace-loving vegetarian who is prepared to stand up for what he believes in. Ages 8-10.

Hurwitz, Johanna. Much Ado About Aldo, Aldo Applesauce, Aldo Ice Cream. HarperCollins, 1979. Life of a young boy, his becoming vegetarian, and his compassionate deeds. Ages 8-12.

Kalechofsky, Roberta. A Boy, A Chicken and The Lion of Judah. Micah Publishing, 1995. Story of how a Jewish boy becomes a vegetarian. Ages 8-12.

King-Smith, Dick, Mary Rayner (Illustrator). Pigs Might Fly. Puffin, 1990. Daggie's newly learned skills help him save the farm after a damaging flood. Ages 9-12.

Klem, Ellen. Saving Emily. Prometheus Books, 2001. A 12-year-old moves from the city to the country and meets a neighbor who buys ranch animals and brings them to his Rescue Ranch to live out their lives in peace. Ages 9-12.

Ortega, Rey and Lauren Farnsworth. Benny Brontosaurus Goes to a Party! SK Publishing and Graphics, 2005. An herbivorous dinosaur who is worried he won't fit in with the other dinosaurs due to his vegan lifestyle. Ages 8-12.

Roth, Ruby. That's Why We Don't Eat Animals. North Atlantic Books, 2009. A children's book uncovering the horrors of factory farming. Ages 8-10.

Roth, Ruby. Vegan Is Love. North Atlantic Books, 2012. A children's book that strives to get the vegan message across to young children. Ages 8-12.

Rudy, Sarah. Benji Bean Sprout Doesn't Eat Meat. SK Publishing, 2004. The book tells of Benji's adventures with a variety of animals and why he does not eat meat. Ages 8-12.

Sibley, Brian. Chicken Run: Hatching the Movie. Harry N. Abrams, 2000. The story book of the film. Brave chickens try to escape from a battery chicken farm and the evil Mrs. Tweedy (who loves to cook chickens!). Ages 8-12.

Smith, Greg Leitich. Tofu and T. Rex. Little, Brown Young Readers, 2005. A story about Frederika Murchison-Kowalski, a vegan, and her adventures with people who are not vegetarians. Ages 9-12.

Storper, Barbara. Janey Junkfood's Fresh Adventure. Foodplay Productions, 2011. Follow Janey Junkfood on her quest to learn about healthy eating. Ages 8-12.

Urbach, Jourdan. Leaving Jeremiah. Goose River Press, 2003. An orphan falls into a black hole under the Bermuda Triangle and he meets an alien who thinks everyone is dying because of meat. Ages 9-12.

White, E. B., Garth Williams (Illustrator). Charlotte's Web. HarperTrophy, 2004. Charlotte hatches a plan to save Wilbur the pig's life. Ages 9-12.

Zephaniah, Benjamin. Talking Turkeys. Penguin UK, 1999. Poetry book encouraging people to live in peace; to love animals; to embrace an ethical vegetarian diet; and to enjoy each day of life. Ages 8-12.

## **4-8**

Arnold, Beth. Always Be Kind. Happy and Kind, 2016. Teaches children to be compassionate to all animals. Ages 4-8.

Bean, Anna and Andere Andrea Petrlik/Shutterstock (Illustrator). CreateSpace Independent Publishing Platform, 2015. Teaches children to be proud of their veganism. Ages 4-8.

Bodenstein, Dan. Steven the Vegan. Totem Tales Publishing, 2012. Steven goes on a class trip to a local farm sanctuary and while there explains to his classmates why he is vegan. Ages 4-8.

Bunting, Eve and Diane de Groat (Illustrator). A Turkey for Thanksgiving. Clarion Books, 1995. Mr. Moose invited Mr. Turkey to dinner, not for dinner. Ages 4-8.

Charney, Steve and David Goldbeck. The ABC's of Fruits and Vegetables and Beyond. Ceres Press, 2007. Fruits and vegetables are introduced alphabetically with poems and lots of facts. Ages 4-10.

Dahl, Roald and Blake Quentin. The Magic Finger. Puffin Books, 2001. A story about a family of hunters who learn a lesson about compassion. Ages 7-9.

Ehlert, Lois. Eating the Alphabet. Harcourt Brace and Company. Different types of fruits and veggies help children learn the alphabet. Ages 4-5.

Fine, Anne. The Chicken Gave It to Me. Little Egmont Books Ltd., 2002. Story about how chickens are treated. Ages 4-8.

French, Vivian. Oliver's Fruit Salad. Hodder Children's Books, 1998. This beautifully illustrated book will encourage all kids to try new fruits. Ages 4-7.

French, Vivian. Oliver's Vegetables. Hodder Children's Books, 1998. A boy visiting his grandfather's farm learns about a wide variety of vegetables and is encouraged to try eating each of them. Ages 4-7.

Hall-Gerson, Bonnie Jane and Raymond Gerson. Cow in a Bun. Xlibris, 2016. A talking cow teaches two young children about what happens to farm animals after they are taken away to a slaughterhouse. Ages 4-7.

Jeschke, Susan. Perfect the Pig. Henry Holt and Co., 1996. A story of compassion and cruelty to a flying pig. Ages 4-8.

Jolley, Mike, and Susan Anne Reeves (Illustrator). Baa Humbug! Templar Publishing, 2005. A sheep saves his friends from becoming lamb chops! Age 4-8

Leeuwen, Jean. Chicken Soup. Abrams Books for Young Readers, 2009. What will happen to a sick chicken who is running away from what is presumed to be a pot of chicken soup? Ages 4-8.

McNulty, Faith. The Lady and the Spider. HarperTrophy, 1987. Compassion towards all living beings is taught. Ages 6-8.

Neubecker, Robert. Linus the Vegetarian T. rex. Beach Lane Books, 2013. Ruth Ann MacKenzie is a proud member of the Museum of Natural History. She meets a big blue Tyrannosaurus rex named Linus. Linus is vegetarian. Ages 4-8.

Ortega, Rey. The Organic Adventures of Tucker the Tomato. Sun King Publishing & Graphics, 2003. Talks about differences between "conventional" and "organic" produce. Ages 4-6.

Ortega, Rey. Benny Brontosaurus Goes to a Party. Sun King Publishing and Graphics, 2005. An herbivorous dinosaur who is new to the neighborhood is invited to a birthday celebration, where he turns down a slice of cake because it is made with pterosaur milk and velociraptor eggs (non-vegan). Ages 4-6.

Patino, Carlos. Dave Loves Chickens. Vegan Publishers LLC, 2013. An alien monster visits earth and doesn't understand why we eat chickens. Ages 4-8.

Pilkey, David. 'Twas the Night Before Thanksgiving. Orchard Books, 2004. Children on a trip to a turkey farm save the turkeys destined for Thanksgiving dinner. In rhyme. Ages 4-8.

Prasadam-Halls, Smriti. T.Veg. Abrams Books for Young Readers, 2015. T. Rex is very strong. When it comes to mealtime, he would rather dine on vegetables, beans, and other veggie food. Ages 4-8.

Priceman, Marjorie. Princess Picky. Roaring Book Press, 2002. Princess Perfect refuses to eat her vegetables, but eventually tries new foods. Ages 4-8.

Roth, Ruby. V is for Vegan. North Atlantic Books, 2013. This is an alphabet book for children with a vegan theme. Ages 4-7.

Rudy, Sarah. Benji Bean Sprout Doesn't Eat Meat! SK Publishing, 2004. A great book to open up discussions of peer pressure and differences in a vegetarian's life. Ages 6-8.

Severin, Sybil and Carlos Patino (Illustrator). Lena of Vegitopia and the Mystery of the Missing Animals. Vegan Publishers, LCC, 2014. Vegan-themed fairy tale about how one brave little girl stands up for the animal friends of her land and helps rescue them from being eaten. Ages 4-8.

Silvano, Wendi. Turkey Trouble. Marshall Cavendish, 2009. As Thanksgiving draws near, a wise turkey makes costumes to disguise himself so as not to become dinner. Ages 4-8.

Vignola, Radha and Michelle N. Ary (Illustrator). Victor's Picnic with the Vegetarian Animals. Aviva!, 1996. When Victor attends a picnic where vegetarian animals share their food with him, he enjoys a variety of snacks and learns what to eat to stay healthy. Ages 6-8.

Vignola, Radha and Julia Bauer (Illustrator). Victor, The Vegetarian: Saving Little Lambs Aviva!, 1994. A boy saves his lambs and becomes a vegetarian in the process. Ages 6-8.

## **Under 4**

Freymann, Saxton and Joost Efficers. Baby Food. Clarkson Potter, 2003. Full-color picture book containing photos of young animals carved from only fruit and vegetables. Ages 2-4.

Goodman, Chantelle B. Veggies On Our Pizza: A to Z. Pentland Press, Inc., 2002. The text encourages children to eat their veggies by introducing various vegetables in alphabetical order. Ages 2-4.

Houk, Randy. Hope. Berghahn Books, 1996. Story of how one pig came to Farm Sanctuary. Ages 2-6.

## **NONFICTION**

### **Teens**

Andrews, Ryan. Drop the Fat Act and Live Lean. Healthy Living Publications, 2012. This book teaches weight management skills by listing what not to do when you're trying to lose weight. Teens and up.

Brookhyser, Joan. The Vegetarian Diet for Kidney Disease Treatment. AuthorHouse, 2004. A book that explains how vegetarian diets can be used to treat kidney disease. Teens and up.

Dinshah, Anne. Dating Vegans. American Vegan Society, 2012. This book helps vegans decide which values are important when considering whether or not to date another person, vegan or not. Teens and up.

Evans, Dave. Cool Green Stuff. Clarkson Potter, 2007. A guide to finding all types of fantastic items made from recycled materials. Teens and up.

Fraser, Gary. Diet, Life Expectancy, and Chronic Disease: Studies of Seventh-Day Adventists and Other Vegetarians. Oxford University Press, 2003. Summarizes the results of studies on Seventh-day Adventists, as well as studies of other vegetarians. Teens and up.

Fromartz, Samuel. Organic, Inc.: Natural Foods and How They Grew. Harcourt Trade Publishers, 2006. This book looks seriously at the issues facing the organic industry today. Teens and up.

Gellatley, Juliet. Guide to Going, Being and Staying Veggie! (Livewire). Women's Press, Limited, 1997. Information about how animals are treated in the food industry, answers to difficult questions from peers and parents, nutritional advice and more. Teens.

Joy, Melanie. Why We Love Dogs, Eat Pigs, and Wear Cows. North Atlantic Books, 2011. An enlightening book that explores the thought process of vegans vs non-vegans. Teens and up.

Kramer, Sarah. La Dolce Vegan! Arsenal Pulp Press, 2005. This book offers fabulous vegan recipes for the everyday person. Teens and up.

Krizmanic, Judy. Teen's Guide to Going Vegetarian. Puffin Books, 1999. Information on what vegetarianism is and what to eat. Teens.

Larson-Meyer, Enette. Vegetarian Sports Nutrition. Human Kinetics, 2007. A comprehensive guide for all vegetarian and vegan athletes. Teens and up.

Lewis, Len. The Trader Joe's Adventure. Dearborn Trade Publishing, 2005. Learn all you need to know about Trader Joe's! Teens and up.

McQuirter, Tracye Lynn. By Any Greens Necessary. Lawrence Hill Books, 2010. Focused on introducing the benefits of a vegan diet to African-American women, this book succeeds in enticing any potential vegetarians with its appetizing pictures and enlightening facts about the benevolence of veganism. Teens and up.

Melina, Vesanto, Jo Stepaniak, and Dina Aronson. Food Allergy Survival Guide. Healthy Living Publications, 2004. Addresses the needs of vegetarians with food allergies. Teens and up.

Norris, Jack and Virginia Messina. Vegan For Life. Da Capo Press, 2011. Everything you need to know to be a healthy vegan. Teens and up.

Parr, Jan and Sarah Durham (Illustrator). The Young Vegetarian's Companion. Franklin Watts, 1996. Explains reasons for becoming a vegetarian and the lifestyle issues stemming from that choice. Teens.

Perry, Cheryl L., Leslie A. Lytle, and Teresa G. Jacobs. The Vegetarian Manifesto. Running Press, 2004. Answers questions teens may have when becoming vegetarian. Teens.

Pierson, Stephanie. Vegetables Rock! Bantam Books, 1999. Nutrition information, tips, and mostly vegan recipes. Teens.

Robinson, Jennifer and J.A. Hartenfeld. The Farmers' Market Book. Indiana University Press, 2007. A book focusing on the role farmers' markets play in society today. Teens and up.

Schwartz, Ellen, Farida Zaman (Illustrator). I'm a Vegetarian: Amazing facts and ideas for healthy vegetarians. Tundra Books, 2002. Young teens.

Serafin, Kim. Everything You Need to Know about Being a Vegetarian. Rosen Publishing Group, 1999. Examines the reasons for becoming vegetarian/vegan, including health concerns and ethical/religious positions, and also myths about these lifestyles. Young teens.

Singer, Peter and Jim Mason. The Way We Eat: Why Our Food Choices Matter. Rodale, 2006. The authors of this book step-by-step analyze the environmental, moral, and health implications of various foods that three very different American families purchase. Teens and up.

Stepaniak, Joanne, Carol J. Adams (Foreword by). Vegan Source Book. McGraw-Hill, 2000. This book discusses the ideas of compassionate living. Teens and older.

Stepaniak, Joanne, Being Vegan. McGraw-Hill, 2000. Covers all issues related to being vegan. Teens and older.

Stuart, Tristram. Bloodless Revolution. W.W. Norton & Company Inc, 2006. A 416-page book that focuses on the cultural history of vegetarianism from 1600 to modern times. Teens and up.

Van Wyk, Ben-Erik. Food Plants of the World. Timber Press Inc, 2005. A terrific guide that will help you identify plant-derived foods and flavors, including their culinary uses and health properties. Teens and up.

Wansink, Brian. Mindless Eating. Bantam Books, 2006. This book takes a fascinating look at people's food behavior and how different factors influence how much you eat. Teens and up.

Weiss, Stefanie Iris. Everything You Need to Know About Being a Vegan (Need to Know Library). Rosen Publishing Group, 1999. Different motivations and special nutritional needs of vegetarians, the different kinds of vegetarianism, and ways to change to a vegan diet. Young teens.

Winant, Todd. Earth Voice Food Choice. Earth Walk Publishing, 2006. A multimedia tool that demonstrates how a plant-based diet can be simple and how it can serve as a solution to many of the problems in the United States. Teens and up.

Winkler, Kathleen. Vegetarianism and Teens: Hot Issue. Enslow Publishers, 2001. Discusses the different motivations and special nutritional needs of vegetarians and provides instructions for preparing meatless dishes. Teens.

## **8-12**

Bradley, Ann. Cows Are Vegetarians: A Book for Vegetarian Kids. Healthways, 1992. How the choice to be a vegetarian has an effect on the environment, the animals and health. Ages 8-12.

Klavan, Ellen, Adrienne Hartman (Illustrator). The Vegetarian Factfinder. The Little Bookroom, 1996. Explores the various reasons children become vegetarian. Young teens.

Orr, Katherine and Antonia Demas, PhD. Surprises in Mili's Suitcase. 2016. How diet can help people with Type-2 Diabetes. Ages 8-12.

## **Cooking**

### **Teens**

Alexander, Nanci. The Sublime Restaurant Cookbook. Book Publishing Company, 2009. Straight from the Sublime Restaurant in Fort Lauderdale comes their cookbook. Make the very same dishes you've tried at this restaurant in your own home. Teens and up.

Allen, Zel. The Nut Gourmet. Book Publishing Company, 2006. This vegan cookbook serves up almost 150 recipes featuring nuts. Teens and up.

Andoh, Elizabeth. Kansha— Celebrating Japan's Vegan and Vegetarian Traditions. Ten Speed Press, 2010. Explore traditional Japanese dishes through a vegetarian lens. Teens and up.

Asbell, Robin. Big Vegan. Chronicle Books, 2011. A big book of vegan recipes. Teens and up.

Atlas, Nava. Wild About Greens. Sterling Publishing, 2012. All about greens; learn to freeze, dehydrate, steam, sauté, braise, and stir fry them. Teens and up.

Atlas, Nava. Vegan Express. Broadway Books, 2008. One hundred and sixty vegan recipes that can be prepared relatively quickly. Teens and up.

Au, Bryan. Raw in Ten Minutes. Trafford, 2005. A book on a mission to increase awareness of raw, organic, gourmet cuisine and its beneficial effects for the human body and the environment. Teens and up.

Barnard, Neal and Jennifer Reilly. The Cancer Survivor's Guide: Foods That Help You Fight Back. Healthy Living Publications, 2009. Written for people who have been diagnosed with cancer, but it can give everyone insights into food's role in health. Teens and up.

Bates, Dorothy R., Bobbie Hinman, and Robert Oser. Munchie Madness: Vegetarian Meals for Teens. Book Publishing Company, 2003. Quick and easy recipes with information on the health benefits of vegetarian diets. Teens.

Boutenko, Sergei and Valya Boutenko. Fresh: The Ultimate Live-Food Cookbook. North Atlantic Books, 2008. More than 250 vegan dishes that can be prepared without heating or processing. Teens and up.

Burton, Dreena. Let Them Eat Vegan! De Capo Press, 2012. A book that will introduce readers to family-friendly vegan cuisine. Teens and up.

Burton, Dreena. Plant-Powered Families. BenBella Books, Inc., 2015. Vegan recipes. Teens and up.

Carle, Megan. College Vegetarian Cooking. Ten Speed Press, 2009. Veggie recipes appropriate for college-age individuals. Teens and up.

Chelf, Vicki. Vicki's Vegan Kitchen. Square One Publishers, 2009. An agglomeration of creative and healthy recipes, complete with illustrations. Teens and up.

Cormier, Nicole. The \$5 a Meal College Vegetarian Cookbook. Adam's Media, 2013. Inexpensive recipes for college-age vegetarians. The author is a registered dietitian. Teens and up.

Cornbleet, Jennifer. Raw For Dessert. Book Publishing Company, 2009. A collection of raw vegan dessert recipes. Teens and up.

Cousens, Gabriel. Rainbow Green Live-Food Cuisine. North Atlantic Books, 2004. This book offers a wide range of live-food dishes. Teens and up.

Dacey, Todd and Jia Patton. Vegan Inspiration. Blue Dolphin Publishing, 2008. Creative vegan recipes from a variety of different cultures. Teens and up.

Daniels-Zeller, Debra. Local Vegetarian Cooking—Inspired Recipes Celebrating Northwest Farms. LOC Press, 1995. This book integrates the author's passion for organic agriculture with vegan recipes. Teens and up.

DiJulio, Betsy. The Blooming Platter Cookbook. Vegan Heritage Press, 2011. From appetizers to desserts, this book includes all recipes needed to cook the perfect vegan dinner, time and time again. Teens and up.

Engelhart, Terces. I Am Grateful: Recipes And Lifestyle of Café Gratitude. North Atlantic, 2007. Written by Café Gratitude's staff, you can enjoy your very own raw food at home. Teens and up.

Farb, JoAnn. Get Off Gluten! Cookbook Publishers Inc, 2009. A terrific resource for people who wish to eliminate gluten from their vegan diet. Teens and up.

Feral, Priscilla. The Best of Vegan Cooking. Friends of Animals, 2009. Vegan recipes. Teens and up.

Feral, Priscilla, Lee Hall, and Friends of Animals, Inc. Dining with Friends: The Art of North American Vegan Cuisine. Friends of Animals, 2010. A unique cookbook written by an animal rights organization. Teens and up.

Fiore, Toni. Totally Vegetarian. Da Capo Press, 2008. Innovative vegan recipes coming from a well-known cooking show host: Toni Fiore. Teens and up.

Freedman, Rory and Kim Barnouin. Skinny Bitch in the Kitch. Running Press Book Publishers, 2007. Lose weight with these diet vegan recipes. Teens and up.

Gadia, Madhu. The Indian Vegan Kitchen. The Penguin Group, 2009. A cookbook featuring over 150 vegan Indian recipes. Teens and up.

Gentry, Ann. The Real Food Daily Cookbook. Ten Speed Press, 2005. Recreate this successful restaurant's dishes in your own kitchen. Teens and up.

Gettle, Jere and Emillie Gettle. The Baker Creek Vegan Cookbook. Hyperion, 2012. Get all of your useful canning and preserving information here. Teens and up.

Gold, Lane. Vegan Junk Food. Adams Media, 2011. The title says it all; vegan junk food recipes! Teens and up.

Grogan, Bryanna Clark. World Vegan Fest. Vegan Heritage Press, 2011. Vegan recipes from around the world. Teens and up.

Guihan, Vincent. New American Vegan. PM Press, 2011. Easy to prepare recipes, perfect for the American dinner table. Teens and up.

Hackett, Jolinda. The Everything Vegan Cookbook. Adams Media, 2011. Featuring three hundred vegan recipes, this book provides a variety of recipes. Teens and up.

Hagler, Louise. Meatless Burgers. Book Publishing Company, 1999. Learn how to make a wide range of veggie burgers. Includes a complete nutritional analysis for each recipe. Teens and up.

Hagler, Louise. Tofu Cookery—The 25<sup>th</sup> Anniversary Edition. Book Publishing Company, 2008. An updated version of classic tofu dishes, now featuring less sodium and fat. Teens and up.



Hasson, Julie. Vegan Diner. Running Press, 2011. A fun cook book that provides recipes for vegan comfort food. Teens and up.

Hester, Kathy. The Vegan Slow Cooker. Fair Winds Press, 2011. Vegan recipes that you can cook in a crock pot. Teens and up.

Hirsch, J.M. and Michelle Hirsch. Venturesome Vegetarian Cooking. Surrey Books, 2004. This cookbook serves up a wide range of innovative dishes. Teens and up.

Hope Romero, Terry. Viva Vegan! Lifelong Books, 2010. A cooking book focused on the fun and easiness of vegan Latin dishes. Teens and up.

Hutchison, Cathy. The Vegan Teen Cookbook: Easy Vegan Meals from What's Already in your Kitchen. CreateSpace Independent Publishing Platform, 2013. Teens and up.

Ibomu, Afya. The Vegan Soulfood Guide to the Galaxy. Natrall Unlimited, 2008. A compilation of unique recipes from a range of cultural traditions. Teens and up.

Kaminsky, Hannah. My Sweet Vegan. Fleming Ink Publishing, 2007. Vegan dessert cookbook. Teens and up.

Katzen, Mollie. The Vegetable Dishes I Can't Live Without. Hyperion, 2007. A terrific book for vegetarians trying to add variety to their menu. Teens and up.

Katzinger, Jennifer. Gluten-free and Vegan Holidays. Sasquatch Books, 2011. Traditional holiday dishes, but vegan! Teens and up.

Kenney, Matthew. Entertaining in the Raw. Gibbs Smith, 2009. A wide variety of raw dishes made with organic vegetables with an emphasis on locally grown produce. Teens and up.

Kitchens of Soul Vegetarian Restaurants. The New Soul Vegetarian Cookbook. Publishing Associates Inc, 2005. Enjoy hearty soul food in this cookbook. Teens and up.

Krizmanic, Judy and Matthew Wawiorka (Illustrator). The Teen's Vegetarian Cookbook. Puffin, 1999. The recipes are clearly written with ingredients that are easily accessible. Teens.

Landau, Rich and Kate Jacoby. Horizons: The Cookbook. Book Publishing Company, 2005. A wide range of vegan recipes that are exceptionally unique, although not necessarily quick and easy to prepare. Teens and up.

Locricchio, Matthew. Teen Cuisine New Vegetarian. Amazon Children's Publishing, 2012. Most of the recipes in this book are vegan-friendly. There are beautiful color photos and well written instructions for each recipe.

Lutz, Kim. Welcoming Kitchen. Sterling Publishing, 2011. One of the few cookbooks to provide completely allergen-free, gluten-free, and vegan recipes. Teens and up.

Mainquist, Emily. Sweet Vegan. Kyle Books, 2011. A collection of vegan desserts that are sure to make your mouth water. Teens and up.

Mason, Taymer. Caribbean Vegan. The Experiment LCC, 2010. A book of recipes for exotic foods native to the Caribbean islands. Teens and up.

Matthias, Laura. ExtraVeganZa. New Society Publishers, 2006. This book contains original vegan recipes written by a longtime organic farmer. Teens and up.

McCabe, John. Sunfood Traveler. Caramania Books, 2011. Discover the world of raw foods. Teens and up.

McCann, Jennifer. Vegan Lunch Box. Little “s” Press, 2006. Lots of fun and healthy lunches for kids and adults alike. Teens and up.

McCann, Jennifer. Vegan Lunch Box Around the World. . Da Capo Press Lifelong Books, 2009. A compilation of international menus featuring vegan dishes that can be packed into a lunch box.

McCarthy, Brian. The Vegan Family Cookbook. Lantern Books, 2005. A collection of more than 400 unique, but family friendly, recipes. Teens and up.

Melina, Vesanto and Joseph Forest. Cooking Vegan. Book Publishing Company, 2012. A vegan cookbook that provides extensive nutrition information. Teens and up.

Mingkwan, Chat. Asian Fusion. Book Publishing Company, 2010. Complete with color photos and detailed information about specific Asian ingredients, this book provides a plethora of traditional Asian dishes with a vegan twist. Teens and up.

Mingkwan, Chat. Buddha’s Table. Book Publishing Company, 2005. This book includes a wide variety of vegan Thai dishes. Teens and up.

Mingkwan, Chat. Vietnamese Fusion Vegetarian Cuisine. Book Publishing Company, 2007. A vegan cookbook with information about the necessary ingredients when preparing Vietnamese cookbooks. Teens and up.

Moffat, Siue. Lickin’ the Beaters 2. PM Press, 2010. Although this book’s recipes are not low-fat or sugar-free, these vegan candy recipes are great for special occasions. Teens and up.

Moskowitz, Isa Chandra. Appetite for Reduction. Lifelong Books, 2010. Shed some extra pounds with this diet-centric vegan cookbook. Teens and up.

Moskowitz, Isa Chandra and Terry Hope Romero. Veganomicon. Perseus Books, 2007. An all-purpose vegan cookbook. Teens and up.

Moskowitz, Isa Chandra, Terry Hope Romero, and Sara Quin (Foreword). Vegan Cupcakes Take Over the World: 75 Dairy-Free Recipes for Cupcakes that Rule. Marlowe & Company, 2006. What teen doesn’t love cupcakes? Teens.

Newkirk, Ingrid. Compassionate Cook: Please Don’t Eat the Animals. Warner Books, 1993. It is a Vegan cookbook and also describes why we shouldn’t eat animals. Teens and up.

Newman, Joni Marie. The Best Veggie Burgers On the Planet. Fair Winds Press, 2011. All veggie burgers, all the time. Teens and up.

Nixon, Lindsay. The Happy Herbivore. BenBella Books, 2011. A cookbook featuring fat-free and lowfat vegan recipes. Teens and up.

No Voice Unheard. Ninety-Five. No Voice Unheard, 2010. A beautiful book featuring photos and stories about farm animals who now live on sanctuaries. Teens and up.

Nussinow, Jill. The New Fastfood. Vegetarian Connection Press, 2011. Discover new vegan recipes that can be prepared in less than 30 minutes and made with a pressure cooker. Teens and up.

Nussinow, Jill. The Veggie Queen. Vegetarian Connection Press, 2005. A book of recipes organized by season. Teens and up.

O'Brien, Susan. The Gluten-Free Vegan. Marlow and Company, 2007. A cookbook for those few vegans that are also allergic to gluten. Teens and up.

Parekh, Hema. The Asian Vegan Kitchen. Kodansha International, 2008. Offers readers a wide variety of innovative dishes from nine Asian nations. Teens and up.

PETA. Peta's Vegan College Cookbook. Sourcebooks Inc., 2011. Easy, cheap, delicious, and vegan recipes perfect for a college student. Teens.

Petersan, Doron. Sticky Fingers' Sweets. Avery, 2012. Fresh from Sticky Fingers Sweets and Eats in Washington D.C., you can now make your favorite Sticking Fingers sweets. Teens and up.

Phyo, Ani. Ani's Raw Food Asia. Da Capo Lifelong Books, 2011. A creative interpretation of Asian dishes, but created with raw vegan ingredients. Teens and up.

Phyo, Ani. Ani's Raw Food Desserts. Da Capo Press Lifelong Books, 2009. A book devoted to raw desserts! Teens and up.

Pierson, Joy, Angel Ramos, and Jorge Pineda. Candle 79. Ten Speed Press, 2011. A cookbook written by upscale vegan restaurant owners. Teens and up.

Raymond, Carole. Student's Go Vegan Cookbook. Three River Press, 2006. Vegan recipes. Teens.

Raymond, Carole. Student's Vegetarian Cookbook. Prima Publishing, 2003. Vegetarian recipes. Teens.

Rayner, Lisa. The Sunny Side of Cooking. Lifeweaver LLC, 2007. A book of solar-based recipes. Teens and up.

Reinfeld, Mark, Bo Rinalid, and the chefs of the Blossoming Lotus. Vegan World Fusion Cuisine. Thousand Petals Publishing, 2004. A collection of international vegan cuisine as seen at Blossoming Lotus in Hawaii. Teens and up.

Reinfeld, Mark and Jennifer Murray. The 30-Minute Vegan. Lifelong Books, 2009. This husband and wife team share their passion for vegan cooking in a quick-and-easy cookbook. Teens and up.

Robbins, Jill. The Gak's Snacks. Family Matters Publishing, 2005. This is an allergy-friendly vegan cookbook dedicated to baked goods. Teens and up.

Robertson, Jon. Vegan Unplugged. Vegan Heritage Press, 2010. Flip through this survival guide to learn about vegetarian foods that can prove helpful in preparing your pantry for an emergency. Includes a chapter on preparing an emergency plan for pets. Teens and up.

Robertson, Robin. Quick-Fix Vegan. Andrews McMeel Publishing, 2011. Home-style recipes can be prepared in thirty minutes or fewer. Teens and up.

Rudell, Wendy. The Raw Transformation. North Atlantic Books, 2006. A raw food cookbook that also includes raw food preparation and basics-great for beginners. Teens and up.

Schinner, Miyoko. Artisan Vegan Cheese. Book Publishing Company, 2012. Make vegan cheese with help from this book. Teens and up.

Schlimm, John. Grilling Vegan Style. Lifelong books, 2012. Creative vegan recipes to use on your grill. Teens and up.

Shaw, Maura D. and Sydna Altschuler Byrne. Foods From Mother Earth. Shawangunk Press Inc., 1994. Cookbook containing nearly 100 recipes (mostly vegan). Teens and up.

Sher, Lacey and Gail Doherty. You Won't Believe It's Vegan! The Perseus Books Group, 2008. More than 200 restaurant-quality recipes. Teens and up.

Simpson, Alicia. Low-Cal Vegan Comfort Food. The Experiment, 2012. Comfort food that does not equate with high-fat cuisine. Teens and up.

Steele, Jae. Get It Ripe. Arsenal Pulp Press, 2008. A cookbook for vegans looking for wheat-free dishes. Teens and up.

Steen, Celine and Tamasin Noyes. Vegan Sandwiches Save the Day! Fair Winds Press, 2012. 101 creative sandwich recipes. Teens and up.

Stepaniak, Joanne. Vegan Vittles: Recipes Inspired by the Critters of Farm Sanctuary. Book Publishing Company, 2007. Sections on veganism, what to substitute for animal products, information on factory farming and the history and mission of Farm Sanctuary.

Stepaniak, Joanne. Vegan Deli: Wholesome Ethnic Fast Foods. Book Publishing Company, 2001. Large variety of meat- and dairy-free deli dishes with a New York flavor.

Sutton, Mark. Heart Healthy Pizza. CreateSpace Independent Publishing Platform, 2012. A book devoted to creative vegan pizza recipes. Teens and up.

Two Moons. Peace in Every Bite. Trafford Publishing Company, 2008. Vegan recipes made peacefully. Teens and up.

Vegetarians of Washington. The Veg-Feasting Cookbook. Book Publishing Company, 2005. Make several delicious vegan dishes from famous establishments in your own kitchen. Teens and up.

Waltermeyer, Christine. The Natural Vegan Kitchen. Book Publishing Company, 2011. Complete with nutritional analyses and color photos, this book contains positively tested recipes created by the founder and director of a prestigious culinary school. Teens and up.

Walters, Kerry. Vegetarianism: A Guide for the Perplexed. Continuum International Publishing Group, 2012. Various arguments for vegetarianism from ethical vegetarians, as well as words from their critics. Observe the strengths and weaknesses of each point of view. Teens and up.

Wasserman, Debra, and Reed Mangels, PhD, RD. Simply Vegan: Quick Vegetarian Meals. Vegetarian Resource Group, 2006. Quick and easy vegan recipes, great nutrition section, and information on where to find vegan food and much more. Teens and up.

Wood, Kate. Eat Smart Eat Raw. Square One Publishers, 2006. Simple yet raw vegan cuisine. Teens and up.

## 8-12

- Bass, Jules, Debbie Harter (Illustrator). Cooking With Herb: The Vegetarian Dragon. Barefoot Books, 1999. Easy-to-follow directions and tips. Ages 8-12.
- Bates, Dorothy R., Suzanne Havala (Foreword by). Kids Can Cook: Vegetarian Recipes. Book Publishing Company, 2000. Simple recipes for beginners with kid-tested directions and a section for parents on how to be sure their child's vegetarian diet is wholesome and complete. Ages 8-12.
- Bedford, Ellie. How to Eat a Rainbow: Magical Raw Vegan Recipes for Kids! Vegan Publishers, 2014. Raw food recipes that are kid-friendly. Ages 8-12.
- Crist, Vonnie Winslow, and Debra Wasserman. Leprechaun Cake and Other Tales. Vegetarian Resource Group, 1995. Stories about vegetarian children, recipes included. Ages 8-12.
- Gillies, Judi, Jennifer Glossop, and Louise Phillips (Illustrator). The Jumbo Vegetarian Cookbook. Kids Can Press, Ltd., 2001. Has everything one needs to know. Ages 8-12.
- Katzen, Mollie. Honest Pretzels and 64 Other Amazing Recipes For Cooks Ages 8 & Up. Tricycle Press, 2009. Vegetarian and some vegan recipes. Ages 8-12.
- Olson, Cathe. Lick It! Book Publishing Company, 2009. Make dairy-free frozen desserts that your kids, and you, will love. Ages 8-12.
- Roth, Ruby. The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth. Andrews McMeel Publishing, 2016. Enjoy making vegan dishes. Ages 8-12.
- Watt, F. and Catherine Atkinson, Peggy Porter Tierney, Kim Lane (Illustrator), Mary Cartwright (Illustrator), and Howard Allman (Photographer). Vegetarian Cooking for Beginners. Usborne Books, 2003. Tips and recipes are offered in this book. Ages 8-12.

## 4-8

- Blackstone, Stella, Nan Brooks (Illustrator). Making Minestrone. Barefoot Books, 2000. How five children gather ingredients from a garden to make a veggie soup. Ages 4-6.
- Dinshah, Anne and Freya Dinshah. Apples, Bean Dip, & Carrot Cake. American Vegan Society, 2012. A terrific vegan cookbook for kids with step by step directions and photographs. Ages 4-8 and up.
- Dooley, Norah, Peter J. Thornton (Illustrator). Everybody Bakes Bread. Carolrhoda Books, 1995. This picture book introduces young children to breads from around the world and includes recipes. Ages 4-8.
- Katzen, Mollie. Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers & Up. Tricycle Press, 1994. Easy to follow illustrations demonstrate the recipes for the youngest "readers", while captivating cartoon characters liven the pages. Ages 4-8.
- Katzen, Mollie. Salad People And More Real Recipes: A New Cookbook for Preschoolers & Up. Tricycle Press, 2005. Enjoy kid-friendly recipes. Ages 4-8.

# ANIMAL RIGHTS

## Teens

Balcombe, Jonathan. What a Fish Knows. Scientific American, 2016. Using scientific references, this book was written on behalf of all fish. Teens.

Currie-McGhee, Leanne K. Overview Series - Animal Rights. Lucent Books, 2004. This book discusses how the animal rights movement has affected areas such as hunting, medical research, and farming. Teens.

Davis, Karen. Prisoned Chickens Poisoned Eggs: An Inside Look at the Modern Poultry Industry. Book Publishing Company, 1996. Learn about how eggs are produced today. Teens and up.

Dudley, William, ed. Introducing Issues with Opposing Viewpoints - Animal Rights. Greenhaven Press, 2006. Both sides of topics such as animal research, pet ownership, vegetarianism, zoos, and cloning are presented. Teens and up.

Eisnitz, Gail A. Slaughterhouse: The Shocking Story of Greed, Neglect, and Inhumane Treatment Inside the U.S. Meat Industry. Prometheus Books, 1997. Shows what really happens in slaughterhouses. Teens and up.

Gaughen, Shasta. Contemporary Issues Companion - Animal Rights. Greenhaven Press, 2004. This book covers both sides of the issue. Teens and up.

Ginsburg, Caryn. Animal Impact. Priority Ventures Group, 2011. This book will encourage teens to become activists for animals. Teens and up.

Gray, Alexander. Animal Rights (What's at Issue?). Heinemann Educational Books, 2001. Learn about animal rights issues. Teens and up.

Hile, Kevin, Alan Marzilli, ed. Animal Rights (Point/Counterpoint). Chelsea House Publications, 2004. Explore animal rights issues. Teens and up.

James, Barbara. Animal Rights (Talking Points S.) Hodder Wayland, 2002. This book discusses topics such as the difference between animal rights and animal welfare, using animals for experiments, animals as entertainment, keeping pets, and hunting. Teens and up.

Kistler, John M. Animals are the Issue: Library Resources on Animal Issues. Haworth Information Press, 2004. This book discusses how animals are seen, viewed, and used by humans. Teens and up.

Marcus, Erik. Meat Market: Animals, Ethics, and Money. Brio Press, 2005. A thorough examination of animal agricultures cruelties and its far-reaching social costs. Teens and up.

Masson, Jeffery Moussaieff. The Pig Who Sang to the Moon: The Emotional World of Farm Animals. Ballantine Books, 2004. Makes the case that the animals humans eat on a regular basis (pigs, chickens, sheep, cows and ducks) feel, think and suffer. Teens and up.

Ojeda, Auriana. Current Controversies - The Rights of Animals (Current Controversies). Greenhaven Press, 2003. Topics in this book include laboratory experimentation and animals raised for human consumption and also covers both sides. Teens.

Regan, Tom. The Case for Animal Rights. University of California Press, 2004. Discusses moral philosophy. Teens and up.

Singer, Peter. Animal Liberation. Harper Perennial, 2001. More suitable for the older readers, but a must have for all who believe in the animal rights movement. Teens and up.

Stallwood, Kim W. (Editor). A Primer on Animal Rights: Leading Experts Write About Animal Cruelty and Exploitation. Lantern Books, 2002. Very easy to read. Teens and up.

Tripp, Penny. Animal Rights (World Issues). Chrysalis Education, 2003. A quick read on this subject. Teens and up.

Sinclair, Upton. The Jungle. Pocket, originally published in 1905. A book that early on brought up the horrors of meat production. Teens and up.

Thumann-Calderaro. Innocent Beings. BookBaby, 2014. A young adult fantasy book that explores the issue of the inhumane treatment of slaughterhouse animals as well as the health benefits of vegetarian lifestyle from a different point of view—the animals! Teens and up.

Wand, Kelly. American Social Movements - Animal Rights (American Social Movements). Greenhaven Press, 2002. Discusses animal rights as a social movement. Teens and up.

## **8-12**

Allevato, Diane. Sausage Patty. Animal Place, 1998. A girl raising livestock to earn money begins to realize that it's wrong to kill animals for food. Ages 8-10.

Hayhurst, Chris. Animal Testing: The Animal Rights Debate (Focus on Science and Society). Rosen Publishing Group. Discusses the issue of animal testing. Ages 9-12.

Newkirk, Ingrid. 50 Awesome Ways Kids Can Help Animals: Fun and Easy Ways to Be a Kind Kid. Warner Books, 2006. The title says it all. Ages 8-12.

Trumbauer, Lisa. Exploring Animal Rights and Animal Welfare. Middle School Reference, 2002. Four volumes presenting both sides equally on different subjects. Ages 9-12.

Twinn, Michael and Arlette Lavie (Illustrator). Who Cares About Animal Rights? (One World). Child's Play International, 1992. Discusses animal rights philosophically but in a way suitable for younger readers. Ages 9-12.

Weil, Zoe. So, You Love Animals. New Society Publishers, 2004. Guide to compassion for older children in "lesson" form. Ages 9-12.

## **4-8**

Christelow, Eileen. The Great Pig Escape. Clarion Books, 1996. Thirteen pigs escape from a farm moments before they are to be taken away to a slaughterhouse. Ages 4-8.

Drescher, Henrik. Hubert the Pudge: A Vegetarian Tale. Candlewick, 2006. Hubert looks like the cross of an elephant, a pig, and a goat. He lives on Farmer Jake's processing farm with other pudges. They're all waiting to be sent to the meat factory; however, Hubert manages to escape. Hubert along with other jungle animals go back to the farm to rescue the other pudges. Ages 4-8.

Hamanaka, Sheila. The Boy Who Loved All Living Things, 2006. An imaginary childhood journal of Albert Schweitzer discussing his displeasure with animal abuse. Ages 4-8.

Hoose, Phillip and Hannah. Hey Little Ant! Tricycle Press, 2000. A playful picture book featuring a rhyming conversation between a young boy and an ant. Teaches compassion. Ages 4-8.

Hubbell, Dawn. Drumsticks. Sleepy Sheep Publishing, LLC., 2013. Let's just say the chicken does not end up in the soup pot! Ages 4-8.

Lavie, Arlette. Who Cares About Animal Rights? Childs Play, International, 1992. Graphic illustrations about animal abuse from food to cosmetic testing, hunting, and to clothing. Asks questions for children to answer themselves. Ages 6-8.

Lukseitch, John. Whose Coat? Imagine Nation Press. A book about clothing made from animal fur and skin. Ages 4-8.

Powell, Jillian. Animal Rights (Talking About). Raintree, 1999. Written so young children can understand the topic. Ages 4-8.

## **Under 4**

Oakley, Graham. Hetty and Harriet. Atheneum, 1986. Two free-range chickens discover the horrors of factory farming. Gently told. Ages 2 and up.

Peet, Bill. Gnats of Knotty Pine. Houghton Mifflin, 1984. Gnats of the wood save the animals by terrifying hunters (in rhyme). Ages 2 and up.

Wildsmith, Brian. Hunter and His Dog. Oxford Press, 1987. A hunter learns compassion with the help of his dog. Ages 2 and up.

Wildsmith, Brian. If I Were You. Oxford Press, 1989. A child going to the zoo realizes the animals would rather be free. Ages 2 and up.

# **GARDENING / NATURE**

## **Teens**

Bradley, Fern and Trevor Cole. The All-New Illustrate Guide to Gardening. Reader's Digest, 2009. Tips related to caring for a garden in an organic fashion. Teens and up.

Bucklin-Sporer, Arden and Rachel Pringle. How To Grow a School Garden. Timber Press, 2010. Read about the art of starting a school garden. Teens and up.

Hall, Jenny and Iain Tolhurst. Growing Green. Chelsea Green Publishing, 2007. Offers information about animal-free organic techniques that can be used on farms of various sizes. Teens and up.

## **8-12**

Brennan, Georgeanne and Ethel. The Children's Kitchen Garden. 1997. Tricycle Press, Learn about gardening and growing vegetables and herbs and then prepare recipes. Ages 8-12.



Creasy, Rosalind, Illustrated by Ruth Heller. Blue Potatoes, Orange Tomatoes. Sierra Club Books for Children, 2000. A tale that turns into a guide to growing unusually colored vegetables and fruits. Ages 8-12.

Lovejoy, Sharon. Sunflower Houses: Inspiration from the Garden - A Book for Children and Their Grown-Ups. Workman Publishing Company, 2001. Encourages children to garden. Ages 9-12.

Lovejoy, Sharon. Roots, Shoots, Buckets & Boots: Gardening Together with Children. Workman Publishing Company, 1999. Includes gardening basics and lots of ideas for kids. Ages 9-12.

## **4-8**

Cole, Henry. Jack's Garden. HarperTrophy, 1997. How different parts of nature connect. Age 4 and up.

Ehlert, Lois. Planting a Rainbow. Voyager Books, 1992. Tells a story of planting a family garden. Ages 4-8.

Ehlert, Lois. Growing Vegetable Soup. Harcourt Children's Books, 1990. The title describes what the book is about. Ages 4-8.

French, Vivian, Illustrated by Alison Bartlett. Oliver's Fruit Salad. Orchard Books, 1998. Oliver learns that different types of vegetables are delicious. Ages 4-8.

French, Vivian, Illustrated by Alison Bartlett. Oliver's Vegetables. Hodder Children's Books, 1995. Oliver learns that different types of vegetables are delicious. Ages 4-8.

Hickman, Pamela and Heather Collins. A Seed Grows. Kids Can Press, Ltd., 1996. Shows the growth of a seed from the beginning to the fruit that has more seeds. Pictures with fold out flaps. Ages 4-8.

# **FROM PREGNANCY TO PARENTING**

## **Pregnancy**

Mangels, Reed. The Everything Vegan Pregnancy Book. Adams Media, 2011. A Terrific book on vegan pregnancy by a vegan mom. Includes information on feeding your infant with recipes.

Olson, Cathie. The Vegetarian Mother's Cookbook: Whole Foods To Nourish Pregnant And Breastfeeding Women - And Their Families. Goco Pub., 2005. Finally, a vegetarian cookbook for pregnant women that takes into account not only good nutrition but also ease of use.

Rebhal, Sayward. Vegan Pregnancy Survival Guide. Herbivore, 2012. Dependable information on how to stay healthy before, during, and after your vegan pregnancy.

Roberts, Holly. Your Vegetarian Pregnancy: A Month-by-Month Guide to Health and Nutrition. Fireside, 2003. The author is vegetarian.

## **Babies and Toddlers**

Elliot, Rose. Rose Elliot's Mother, Baby and Toddler Book: A Unique Guide to Raising a Baby on a Healthy Vegetarian Diet. Hochland Communications Ltd., 2003. This is a useful guide.

Lambert, Daphne, Tanyia Maxted-Frost. The Organic Baby and Toddler Cookbook. Green Books, 2000. Great easy to do recipes almost all of which are vegan; the couple that aren't have a vegan option.

Theodore, Laura. Vegetarian Cooking for Mommies. Lulu.com, 2008. A collection of easy-to-make vegetarian recipes for your child.

Yaron, Ruth. Super Baby Food. F. J. Roberts Publishing Company, 1998. General vegetarian recipes and a large quantity of other information. The book describes how the baby doesn't actually need meat, and offers a lot of other nutritional options. The book also offers a wide variety of activities one can do with kids.

## **General Parenting**

Adams, Carol J. Help! My Child Stopped Eating Meat!: An A-Z Guide to Surviving a Conflict in Diets. Continuum International Publishing Group, 2004. Provides a comprehensive parental guide that addresses parent-child conflicts over diet.

Atlas, Nava. The Vegetarian Family Cookbook. Broadway, 2004. The author is vegetarian and has raised her sons as vegetarians.

Burton, Dreena. Vive le Vegan!: Simple, Delectable Recipes for the Everyday Vegan Family. Arsenal Pulp Press, 2004. All dishes are animal-free, and many are wheat-free, as well.

Fuhrman, Joel. Disease-Proof Your Child: Feeding Kids Right. St. Martin's Griffin, 2006. Dr. Fuhrman is vegetarian and has raised his children as vegetarians.

Mattare, Marty, Wendy Muldawer. Better Than Peanut Butter & Jelly, Revised Edition: Quick Vegetarian Meals Your Kids Will Love. McBooks Press, 2006. You will enjoy more than 160 vegetarian kid-friendly recipes of which 65 are vegan.

McCann, Jennifer (Author), Greg McCann (Photographer), and Erik Marcus (Foreword). Vegan Lunch Box. Little "s" Press, 2006. Amazing vegan lunches both kids and adults will enjoy!

O'Mara, Peggy. Natural Family Living: The Mothering Magazine Guide to Parenting. Atria, 2000. Nice section on vegetarianism.

Pavlina, Erin. Raising Vegan Children in a Non-Vegan World: A Complete Guide for Parents. VegFamily.com, 2003. Filled with in-depth information, practical tips, and helpful suggestions for every situation.

Pavlina, Erin. Vegan Family Favorites: Tasty And Satisfying Recipes Even Your Kids Will Love. VegFamily.com, 2006. A cookbook written by vegan families, for vegan families.

Pawlak, Roman. Vegan/Vegetarian Mother & Her Baby. Ebook, 2013. A helpful book for veggie families.

Pulde, Alona and Matthew Lederman M.D. Forks Over Knives Family: Every Parent's Guide to Raising Healthy Kids on a Whole-Food Plant-Based Diet. Touchstone, 2016. Includes more than 125 kid-friendly recipes.

Stepaniak, Joanne, Vesanto Melina. Raising Vegetarian Children: A Guide to Good Health and Family Harmony. McGraw-Hill, 2002. Detailed explanation of the Vegetarian Food Pyramid and its vitamin- and protein-rich recipes for foods, from infant to teenager.

Timperley, Carol. From Animal Crackers to Wild West Beans. McGraw-Hill, 1998. Presents parents with an exciting collection of more than 100 delicious, easy-to-prepare vegetarian recipes for healthy babies and children.

Weil, Zoe. The Power and Promise of Humane Education. New Society Publishers, 2004. Clear suggestions for implementing humane education in both classrooms and non-traditional educational settings.

Weil, Zoe. Above All, Be Kind: Raising a Humane Child in Challenging Times. New Society Publishers, 2003. Chapters for early, middle, teenage, and young adult years, as well as activities, issue sidebars, cases, tips, and profiles.

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Vegetarianism is a popular choice for many individuals and families. But parents may wonder if kids can safely follow a vegetarian diet and still get all necessary nutrients. Most dietary and medical experts agree that a well-planned vegetarian diet can actually be a very healthy way to eat. But special care must be taken when serving kids and teens a vegetarian diet, especially if it doesn't include dairy and egg products. And as with any diet, you'll need to understand that the nutritional needs of kids change as they grow.

### Types of Vegetarian Diets.

Before your child or family swi Vegetarian children can reap a number of benefits from going green, but they need your help ensuring a balanced diet. Here's how to pull it off. As a good parent, you are no doubt wondering if your child is getting all the essentials. Let's look at the nutrients parents worry about most:

**Protein:** There is plenty of protein in grains, vegetables, beans, and bean products (e.g., tofu, soymilk). And they do not need to be eaten in any special combinations; a normal variety of these foods, consumed over the course of a day, provides all the protein a growing child needs.

**Calcium:** Green leafy vegetables and legumes—or "greens and beans," for short—are rich in calcium. Find great deals on eBay for vegetarian children books. Shop with confidence.

**Vegetarian Children: A Supportive Guide for Parents,** Yntema, Sharon, Good Book. C \$9.89. Buy It Now. +C \$1.69 shipping. From United States. Vegetarian Lunch and Dinner Recipes: Kid Friendly Vegetaria by Madson, Debbie. FREE US DELIVERY | ISBN: 1499609361 | Quality Books. C \$11.06.