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 Email list http://groups.yahoo.com/group/vrgparents/

STORY BOOKS

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.


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.


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**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


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.


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.


**Under 4**


**NONFICTION**
Teens
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.


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.


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.


**Cooking**

**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.


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


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.

8-12


4-8


**ANIMAL RIGHTS**

**Teens**


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.


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.


**8-12**


**4-8**


**Under 4**


**GARDENING / NATURE**
**8-12**


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**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.

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**FROM PREGNANCY TO PARENTING**

**Pregnancy**

Olson, Cathe. *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

**Babies and Toddlers**


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.


**General Parenting**


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.


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!


