

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.

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.

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.

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

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.

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

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

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.

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.

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

Freyman, Saxton and Joost Effers. 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

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.

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

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.

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.

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.

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.

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.

Cooking

Teens

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.

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.

Hinman, Bobbie E. Burgers 'n Fries 'n Cinnamon Buns: Low-Fat, Meatless Versions of Fast Food Favorites. Book Publishing Company, 1993. Healthy versions of dishes found in restaurants and fast food chains. 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.

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.

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.

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.

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.

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

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

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.

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. Vegetarian and some vegan recipes. 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.

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

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.

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.

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.

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.

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

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

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.

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.

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, Dreana. 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.

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.