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

STORY BOOKS

**Teens**


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.


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.

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.


---

Arnold, Beth. *Always Be Kind*. Happy and Kind, 2016. Teaches children to be compassionate to all animals. 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.


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.


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.


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**

**Teen**


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.

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.


Gellatly, 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.


---

8-12


---

*Cooking*

*Teens*


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.


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.


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


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


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.


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.


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.


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.


Robertson, Jon. Vegan Uplugged. 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.


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


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.


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.


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.


8-12


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.


**Under 4**


**GARDENING / NATURE**

**Teens**


**8-12**


**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.


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, 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 ease of use.


**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.


**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!


Copyright 2017
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 You are vegetarian and you want your children to be on the same diet? No worries, we are going to tell you everything. Yes, the simplest and most common diet would be the “classic” one, with fish and meat preparation. But it is possible for your child to eat vegetarian. Did you know that children need good nutritional intakes such as proteins, vitamins, calcium and iron? Well, you can find these intakes in vegetarian food. Be careful about the drawbacks of the vegan diet, which should be absolutely avoided for children, as some elements like vitamin B12 can only be found in animal resources. Don’t worry ladies, you can pursue your vegetarian diet without any problem and initiate your kids as long as you watch they have all the nutrients they need.