



Recommended Books

Agriculture/Sustainability

Allen, Will and Charles Wilson. **The Good Food Revolution: Growing Healthy Food, People, and Communities.** Penguin Group, 2012.

Berry, Wendell. **Bringing It To The Table: On Farming and Food.** Counterpoint, 2009.

Estabrook, Barry. **Tomatoland: How Modern Industrial Agriculture Destroyed Our Most Alluring Fruit.** Andrews McMeel Publishing, 2012.

Hesterman, Oran. **Fair Food: Growing a Healthy, Sustainable Food System for All.** PublicAffairs, 2012.

Kingsolver, Barbara. **Animal, Vegetable, Miracle: A Year of Food Life.** Harper Perennial, 2008.

Animal Welfare

Eisnitz, Gail A. **Slaughterhouse: The Shocking Story of Greed, Neglect and Inhumane Treatment Inside the U.S. Meat Industry.** Prometheus Books, 2006.

Foer, Jonathon Safran. **Eating Animals.** Little, Brown & Company, 2010.

Imhoff, Dan. **The CAFO Reader: The Tragedy of Industrial Animal Factories.** Watershed Media, 2010.

Singer, Peter. **Animal Liberation: The Definitive Classic of the Animal Movement.** HarperCollins Publishers, 2009.

Children's Books

Cavnar, Gracie. **Eat It! Food Adventures with Marco Polo: Volume One: Leaving Home.** S2P Press, 2012.

Child, Lauren. **I Will Never Not Ever Eat a Tomato (Charlie and Lola).** Candlewick Press, 2003.

Ehlert, Lois. **Eating the Alphabet: Fruits and Vegetables from A to Z.** Houghton Mifflin Harcourt, 1993.

Ehlert, Lois. **Growing Vegetable Soup.** Houghton Mifflin Harcourt, 1990.

Ely, Susan Middleton. **No More, Por Favor.** G. P. Putnam's Sons, 2010.

Fleming, Denise. **Lunch.** Henry Holt and Company, 1992.

Pollan, Michael. **The Omnivore's Dilemma for Kids: The Secrets Behind What You Eat.** Dial, 2009.

Rockwell, Lizzy. **Good Enough to Eat: A Kid's Guide to Food and Nutrition.** HarperCollins Publishers, 2009.

Schlosser, Eric and Charles Wilson. **Chew On This: Everything You Don't Want to Know About Fast Food.** Houghton Mifflin Harcourt, 2007.

Sharmat, Mitchell. **Gregory, the Terrible Eater.** Scholastic Inc., 2009.

Cooking

Bauer, Joy and Carol Svec. **Joy Bauer's Food Cures: Eat Right to Get Healthier, Look Younger, and Add Years to Your Life.** Rodale Books, 2011.

Bittman, Mark. **How to Cook Everything the Basics: All You Need to Make Great Food.** John Wiley & Sons, 2012.

Bittman, Mark and Alan Witschnoke. **How to Cook Everything Vegetarian: Simple Meatless Recipes for Great Food.** Wiley, 2007.

Krieger, Ellie. **Comfort Food Fix: Feel-Good Favorites Made Healthy.** Wiley, 2011.

Krieger, Ellie. **Weeknight Wonders.** Houghton Mifflin Harcourt, 2013.

McGee, Harold. **On Food and Cooking.** Scribner, 2004.

Pollan, Michael. **Cooked: A Natural History of Transformation.** The Penguin Press, 2013.

Simonds, Nina. **A Spoonful of Ginger: Irresistible, Health-Giving Recipes from Asian Kitchens.** Knopf, 2011.

Cooking With Kids

David, Laurie, Jonathan Safran Foer, Kirsten Uhrenholdt, and Maryellen Baker. **The Family Dinner: Great Ways to Connect with Your Kids, One Meal at a Time.** Grand Central Life & Style, 2010.

Fredericks, Lynn and Mercedes, Sanchez. **Get Your Family Eating Right.** Fair Winds Press, 2013.

Samson, Sally. **ChopChop: The Kids' Guide to Cooking Real Food with Your Family.** Simon & Schuster, 2013.

Food Politics

Gootman, Jennifer Apple, J. Michael McGinnis, and Vivica I. Kraak. **Food Marketing to Children and Youth: Threat or Opportunity? Committee on Food Marketing and the Diets of Children and Youth.** National Academies Press, 2006.

Imhoff, Daniel, Fred Kirschenmann, and Michael Pollan. **Food Fight: The Citizen's Guide to the Next Food and Farm Bill.** Watershed Media, 2011.

Nestle, Marion. **Food Politics, Revised and Expanded Edition.** University of California Press, 2007.

Paarlberg, Robert L. **Food Politics: What Everyone Needs to Know.** Oxford University Press, 2010.

Food Industry

Barlow, Jeremy and Morgan, Spurlock. **Supersized: Strange Tales from a Fast-Food Culture.** Dark Horse Comics, 2011.

Kaufman, Frederick. **Bet the Farm: How Food Stopped Being Food.** John Wiley & Sons, 2012.

Lustig, Robert. **Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease.** Hudson Street Press, 2012.

McMillan, Tracie. **The American Way of Eating.** Scribner, 2012.

Moss, Michael. **Salt, Sugar, Fat: How the Food Giants Hooked Us.** Random House, 2013.

Pollan, Michael. **In Defense of Food: An Eater's Manifesto.** Penguin Group, 2009.

Schlosser, Eric. **Fast Food Nation.** Houghton Mifflin Company, 2001.

Spurlock, Morgan. **Don't Eat This Book: Fast Food and The Supersizing of America.** Berkley Trade, 2006.

Food Safety

Benedict, Jeff. **Poisoned: The True Story of the Deadly E. Coli Outbreak That Changed the Way Americans Eat.** Inspire Books, 2011.

Nestle, Marion. **Safe Food: The Politics of Food Safety, Updated and Expanded.** University of California Press, Second Edition, 2010.

Health/Diet

Esseltyn Jr., Caldwell B. **Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure.** Avery Trade, 2008.

Esseltyn, Rip. **The Engine 2 Diet.** Grand Central Life and Style, 2009.

Hobbs, Suzanne Havala. **Living Vegetarian for Dummies.** Wiley Publishing, Inc., Second Edition, 2009.

Jacobson, Michael and the Center for Science in the Public Interest. **Six Arguments for a Greener Diet.** The Center for Science in the Public Interest, 2006. (online only, free; <http://www.cspinet.org/EatingGreen/download.html>)

Jamieson, Alexandra. **Living Vegan for Dummies.** Wiley Johns & Sons, 2009.

Kessler, David. **The End of Overeating: Taking Control of the Insatiable American Appetite.** Rodale Books, 2010.

Ornish, Dean. **The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Weight.** Random House Publishing Group, 2008.

Robbins, John. **Diet for a New America.** HJ Kramer, Second Edition, 1998.

Wansink, Brian. **Mindless Eating: Why We Eat More Than We Think.** Bantam Books, 2006.

Hunger/Food and Water Security

Allan, Tony. **Virtual Water: Tackling the Threat to Our Planet's Most Precious Resource.** I.B. Tauris, 2011.

Bloom, Jonathan. **American Wasteland: How America Throws Away Nearly Half Its Food (and what we can do about it).** Da Capo Press, 2010.

Stuart, Tristram. **Waste: Uncovering the Global Food Scandal.** Norton, W. W. & Company, Inc, 2009.

Thurow, Roger and Scott Kilman. **Enough: Why the World's Poorest Starve in an Age of Plenty.** PublicAffairs, 2010.

Winne, Mark. **Closing the Food Gap: Resetting the Table in the Land of Plenty.** Beacon Press, 2008.

Workers' Rights

Jayaraman, Sarumathi. **Behind the Kitchen Door.** ILR Press, 2013.

Other

Belasco, Warren. **Meals to Come: A History of the Future of Food.** University of California Press, 2006.

ChopChop magazine. 32 Calvin Rd, Watertown, MA 02472.
<http://www.chopchopmag.org/>

Menzel, Peter and Faith D'Aluisio. **What the World Eats.** Random House Children's Books, 2008.