



Food Day Suggested Reading List

Agriculture/Sustainability

Allen, Will and Wilson, Charles. **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.

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

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

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

Children's Books

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, 1991.

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

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

Bittman, Mark and Witschnoke, Alan. **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.

McGee, Harold. **On Food and Cooking: The Science and Lore of the Kitchen.** Scribner, 2004.

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

Food Politics

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.

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

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

Food Industry

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

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

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

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

Esselstyn, Rip. **The Engine 2 Diet**. Grand Central Life and Style, 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 and Sons, Inc, 2009.

Hobbs, Suzanne Havala. **Living Vegetarian for Dummies.** Wiley Publishing, Inc, 2nd edition, 2009.

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.** Da Capo Lifelong Books, 2010.

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

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

Other

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

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

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

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