

NO ANIMALS HERE: VEGAN COOKBOOK CLUB

AGES

Teens

PROGRAM DESCRIPTION

When teens decide to stop eating animal products and go vegan, they usually have to learn to cook for themselves. Start up a vegan cookbook club to help them along! This can be run in several different ways. Teens can gather to discuss and swap their favorite recipes or, if your library has a kitchen, get basic cooking lessons. You could also make this into a passive program: Record yourself making simple recipes and promote the videos/recipes as part of your teen programming. Alternatively, teens might want to create and share videos of themselves making their favorite vegan foods. Suggested runtime: 90 minutes

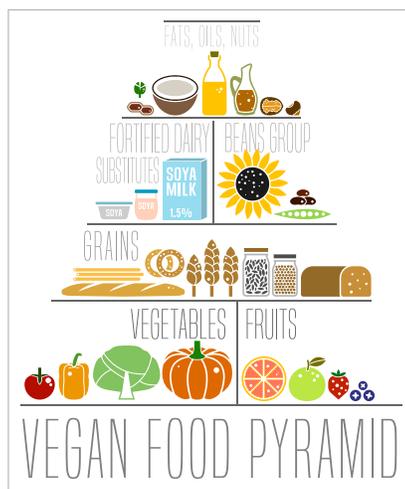


Image source: Shutterstock

RESOURCES

Vegan Cookbooks

BOSH!: Simple Recipes, Amazing Food, All Plants (2018) by Ian Theasby and Henry David Firth (or any BOSH cookbook)

Eating Vegan: A Plant-Based Cookbook for Beginners (2020) by Dianne Wenz

Fuss-Free Vegan: 101 Everyday Comfort Food Favorites, Veganized (2017) by Sam Turnbull

Isa Does It: Amazingly Easy, Wildly Delicious Vegan Recipes for Every Day of the Week (2013) by Isa Chandra Moskowitz

Living Lively: 80 Plant-Based Recipes to Activate Your Power and Feed your Potential (2020) by Haile Thomas

The Oh She Glows Cookbook (2014) by Angela Liddon

The Plant-Based Diet for Beginners (2019) by Gabriel Miller

Vegan for Everybody (2017) by America's Test Kitchen

TIP:

Consider combining with Chapter 06: Animal Zines. Teens collaborate on putting together a zine of their favorite vegan recipes; each teen gets a copy to take home.

COPYRIGHT NOTE:

Individual recipes cannot be copyrighted in the U.S., but this only applies to the list of ingredients and basic instructions. Be sure that teens do not reproduce images or descriptions from published books (i.e., they can retype the recipes but must describe and/or illustrate them themselves).

TIP:

Remember the vegan cookbook display!

TIP:

If sharing food in the library, be sure to label dishes for allergens (gluten, soy, corn, etc.).

GAME/ACTIVITY | PASSIVE

Vegan Recipes in 30 Minutes (2014) by Terr Ann Nelson-Bunge

Vegetable Kingdom (2020) by Terry Bryant

Whole Food Vegan Baking (2020) by Annie Markowitz

Vegan Nonfiction

Eating Animals (2009) by Jonathan Safran Foer

Generation V: The Complete Guide to Going, Being, and Staying Vegan as a Teenager (2008) by Claire Askew (YA)

Joyful Vegan (2019) by Colleen Patrick-Goudreau

More Plants, Less Waste: Plant-Based Recipes + Zero Waste Life Hacks with Purpose (2020) by Max La Manna

Some We Love, Some We Hate, Some We Eat (2010) by Hal Herzog

Voices for Animal Liberation: Inspirational Accounts by Animal Rights Activists (2020) by Brittany Michelson

Fiction with Vegan Characters

Middle Grade

Amanda the Teen Activist: Feathers & Freedom (2016) by Catherine Kelaher

YA

The Bees (2014) by Laline Paull (YA)

The Humans (2013) by Matt Haig (YA)

PopCo by Scarlett Thomas (2005) (YA)

Vegan Teenage Zombie Huntress (2014) by G.G. Silverman (YA)

Adult

Fates and Furies (2015) by Lauren Groff (adult)

The Lives of Animals (1999) by J.M. Coetz (adult)

Oryx and Crake (2003) by Margaret Atwood (adult)

The Vegetarian (2016) by Han Kang (adult)

PRINTABLE

Vegan Food Pyramid

