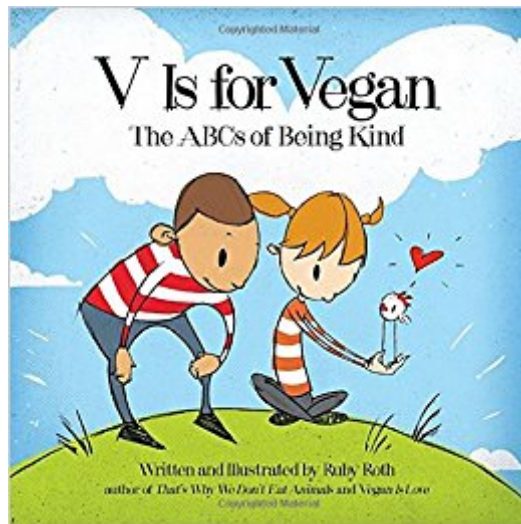


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# V Is For Vegan: The ABCs Of Being Kind



## Synopsis

Introducing three- to seven-year-olds to the "ABCs" of a compassionate lifestyle, *V Is for Vegan* is a must-have for vegan and vegetarian parents, teachers, and activists! Acclaimed author and artist Ruby Roth brings her characteristic insight and good humor to a controversial and challenging subject, presenting the basics of animal rights and the vegan diet in an easy-to-understand, teachable format. Through memorable rhymes and charming illustrations, Roth introduces readers to the major vegan food groups (grains, beans, seeds, nuts, vegetables, and fruits) as well as broader concepts such as animal protection and the environment. Sure to bring about laughter and learning, *V Is for Vegan* will boost the confidence of vegan kids about to enter school and help adults explain their ethical worldview in a way that young children will understand.

## Book Information

Lexile Measure: AD470L (What's this?)

Hardcover: 32 pages

Publisher: North Atlantic Books (August 6, 2013)

Language: English

ISBN-10: 1583946497

ISBN-13: 978-1583946497

Product Dimensions: 8.2 x 0.3 x 8.2 inches

Shipping Weight: 8.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 108 customer reviews

Best Sellers Rank: #40,090 in Books (See Top 100 in Books) #17 in [Books > Children's Books >](#)

[Growing Up & Facts of Life > Health > Diet & Nutrition](#) #63 in [Books > Children's Books >](#)

[Growing Up & Facts of Life > Health > Diseases](#) #84 in [Books > Children's Books > Early](#)

[Learning > Basic Concepts > Alphabet](#)

Age Range: 3 - 7 years

Grade Level: [Preschool - 2](#)

## Customer Reviews

PreS-This rhyming alphabet book presents the whys and hows of veganism for young children. The text makes clear what vegans consume (legumes, vegetables, fruit, grains, nuts, and seeds) and what they would avoid: "A is for animals-/friends not food./We don't eat our friends,/they'd find it quite rude." The message goes far beyond food by including information about capturing insects, clothing choices, zoos, cooking, shelters vs. pet stores, animal testing, recycling and reusing, and

gardening. A lot of information is packed into this little picture book, giving families a good jumping-off point for discussions about food, animal welfare, and the environment. The cartoon illustrations are lighthearted and full of smiling people and animals, though the most telling is sure to be the image of the young boy about to bite into a calm, but clearly perplexed, live chicken. This beast-, fowl-, and insect-friendly title will be useful as an overview for young vegans and young friends of vegans. Find a place for it.-Heather Acerro, Rochester Public Library, MN (c) Copyright 2013. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted.

"Move over, Shel Silverstein and Dr. Seuss! Make some room on the bookshelf for a new, welcome series of children's books that teaches the ABCs of being kind - both to animals and to our planet. From Ruby Roth, the author-illustrator of the much-loved *That's Why We Don't Eat Animals* and *Vegan Is Love*, comes the just-released *V Is for Vegan*, an uplifting and educational picture book that introduces young readers to animal rights, environmental issues, and the virtues of a plant-based diet." - "Vegetarian Times" Ruby Roth has done it again. Never has being vegan been more beautifully illustrated than in *V Is for Vegan*. Roth's clarity, directness, and creative intelligence come through with every letter. This is a must-have for every vegan, especially those of us who are raising vegan children to know the simple and elegant power of our choices." - Mayim Bialik, PhD, Emmy-nominated actress, neuroscientist, author, and mom "What an enchanting and perfect little gem! This will be a long-time best seller among the ever-growing population of vegans and their friends! I'm buying them in bulk for baby shower gifts." - Rory Freedman, best-selling author of *Skinny B\*tch* "A one-of-a-kind resource for the youngest in a growing demographic, *V Is for Vegan* offers families a fun and simple way to build and bond over a foundation of compassion and understanding." - Dr. Jenn Berman, MFT, PsyD, author of *The A to Z Guide to Raising Happy, Confident Kids* "Funny, informative, and inspiring, *V Is for Vegan* will give already vegan kids a sense of pride, confidence, and belonging and will give non-vegan kids and adults a better understanding and appreciation for this more peaceful, sustainable way of living. The timing couldn't be better, as more families are exploring vegan lifestyles and are looking for an accessible, entertaining way to share the hows and whys of veganism with their kids. I can't wait for my son to grow older so I can read it with him." - Marisa Miller Wolfson, writer and director of *Vegucated* "Ruby Roth's ability to speak to children about important and serious issues regarding animals is unmatched. Ruby's books are creating a new generation of children guided by compassion and empathy for those who have no voice." - Gary

Smith, "Evolotus PR" "V Is for Vegan is the perfect tool for teaching children about compassion and having a positive impact on the world while making it fun. Her artistry will engage your kids, make them giggle, and empower them all at once." • "Heather Lounsbury, L.Ac., author of Fixing It With Food" "V Is For Vegan strikes a fantastic balance between colorful, heartwarming illustrations and whimsical, conscious poetry. It gently and jovially delivers messages of kindness and compassion that all children can understand and embrace. It's the perfect introduction to veganism for kids." • "Jason Wrobel, celebrity vegan chef and host of How to Live to 100 on Cooking Channel" "Ruby Roth's books provide an absolute treasure trove of insight and motivation for readers of all ages. Her books are a joy to experience, conveying their kind, wise message in words and drawings that touch your heart, soul, and spirit." • "My daughter has chosen to give V Is for Vegan to every one of her friends this holiday season. I can't think of a better gift." • "Dr. Doug Graham, author of The 80/10/10 Diet" "Profound in its mission and a joy in its simplicity, V Is for Vegan will help raise a new generation with social and environmental awareness! Roth's books offer an easy way to start the conversation early." • "Ani Phyo, author of Ani's Raw Food Kitchen" "[Roth] shares the ABCs of veganism, approaching the topic with enthusiasm and humor." • "Publishers Weekly" "Let's hope this book shows up in all local libraries!" • "Vegetarian Journal" "V Is for Vegan addresses veggie issues in a fun and lighthearted way." • "Explaining sensitive animal issues to children is always difficult, but Ruby has such a wonderful way with words that broaching the fundamental ideas behind veganism and how we treat animals is much easier. This book is a thought provoking read that can be used as a vehicle for social change in efforts to spread the message of love and compassion on behalf of all our animal friends." • "Care2.com" "Ruby Roth has put together an adorable ABC-style rhyming book that will introduce your little herbivore to the major vegan food groups as well as the ways we can protect animals and the environment. The illustrations are adorable and funny and the content is colorful and exciting for little eyes." • "VegFamily" "I would not hesitate to recommend this book to anyone looking to show children (or adults!) what living a compassionate lifestyle is all about." • "Amanda Lily Grant, reviewer at T.O.F.U. Magazine" "The book takes a gentle, educational and humorous approach to teaching kids the alphabet within the context of compassionate, healthy and sustainable living." • "Positive and empowering" • "Evolving Wellness" "V is for Vegan is a really good book for toddlers. It addresses healthy eating by talking about legumes, nuts, grains, veggies, fruits, oil, and seeds. It also touches lightly upon vegan issues including zoos, clothing, shelters, and animal testing in an age-appropriate way. If you are raising vegan kids, definitely pick up a copy of this book for your collection." • "VegBooks

We're a longtime vegetarian family for animal compassion reasons and plan to raise our son (now 5 months old) the same way. We preordered this book based on the premise and weren't entirely sure what to expect, but had high hopes. It was not a disappointment in any way. Beautifully illustrated with catchy rhymes and an underlying message of compassion that should be taught at any age to vegans and carnivores alike. Our son loves the pictures and sits happily in my lap while I read to him. At some point, as he gets older, this book will help open up the dialogue on many important subjects about earth stewardship and animal compassion. Really hoping this author and illustrator collaborate on additional books.

Wonderful little book promoting values of kindness towards animals and a vegan diet. My young vegan granddaughters love it. I am glad Ms. Roth's books exist to read to them as we have many vegans in our family.

This is a great book for children. The author has thoughtfully created this book to be a learning experience for older children and younger children. My daughter has been vegan since conception. I've been vegan for about 7 years (2016). This book allows my daughter to grasp concepts of our lifestyle without. The way that book has been written--- it enables parents to interact and further explain reasons that we choose to live and do things differently. My daughter is at a very inquisitive age. I know she will be asking more questions. This book answers and allows for a child to probe further into simple compassionate alternatives to things other people would likely not acknowledge. As a whole--- this book is AWESOME!

I purchased it for my son when he was 4 months old. He loves books and I wanted to get him one that went along with our lifestyle. I love this because it's not 'scary' or 'gross' for a small kid like some other vegan books are. I love that he can understand from a very young age what it means to be vegan. I'm seriously contemplating getting this for baby gifts from now on (even for non-vegans \*WINK\*!)

Our son is 18 months and he LOVES this book. Such a great way to teach kids at a young age the proper ABC's hehe. Honestly though it is a perfect way to teach young kids about being vegan.

I returned this book because parts seemed a little scary for my 3 year old, but it was beautiful and

would be good for a 5-8 year old maybe.

I got this as a joke for the kids of our annoyingly eco-conscious friends. They are not vegetarians but might as well be. They got a kick out of it, but then balked when they had to read it to their kids. I'm not sure the targeted audience of the book. If it were targeting vegan kids, then it's perfect. But as a service announcement/diversity awareness (i.e. some people eat tofu and not steak), it's pretty heavy handed and might expose your children to some hypocrisy they may not be ready to digest. That said, the 4 and 6 year old recipients liked it well enough but it has not achieved cult-reading status.

I was really excited about this book but I was a little disappointed. I guess I was expecting something different. My son is 2 and I was hoping it would help me explain some issues to him but not so much. It is a cute book and I like the pictures. I may try one of her other books.

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