

## Vermont FEED

### Recommended Book/Resource List

#### Education for Sustainability

Center for Ecoliteracy Publications: <http://www.ecoliteracy.org/publications>

Stone, M. K. (2009). *Smart by Nature: Schooling for Sustainability (Contemporary Issues)* (1 ed.). Berkeley: University of California Press.

#### Food Politics & Food Security

Gottlieb, R., & Joshi, A. (2010). *Food justice*. Cambridge, Mass.: MIT Press.

Lindsey, D. (2009). *Child poverty and inequality: Securing a better future for America's children*. Oxford: Oxford University Press.

Nestle, M. (2007). *Food Politics: How the Food Industry Influences Nutrition, and Health, Revised and Expanded Edition (California Studies in Food and Culture)* (2 ed.). Berkeley: University of California Press.

Patel, R. (2009). *Stuffed and Starved: Markets, Power and the Hidden Battle for the World's Food System*. Toronto: HarperCollins Canada.

Roberts, Wayne. (2008). *The no-nonsense guide to world food*. Oxford: New Internationalist.

Winne, M. (2008). *Closing the Food Gap: Resetting the Table in the Land of Plenty* (None ed.). Boston: Beacon Press.

#### Gardens & Farming

Coblyn, S. (2000). *French fries and the food system: a year-round curriculum connecting youth with farming and food*. Lincoln, Massachusetts: The Food Project.

Dennee, J., & Hand, J. (1994). *Exploring the secrets of the meadow-thicket*. Montpelier, Vt.: Food Works.

Dennee, J., Hand, J., Peduzzi, J., & Peduzzi, C. (1995). *In the three sisters garden: Native American stories and seasonal activities for the curious child*. Montpelier, Vt.: Food Works.

Gibbons, G. (1991). *From seed to plant*. New York: Holiday House.

- Hand, J., & Peduzzi, C. (1995). *The wonderful world of wigglers*. Montpelier, Vt.: Common Roots Press.
- Kiefer, J., & Kemple, M. (1998). *Digging deeper: integrating youth gardens into schools & communities : a comprehensive guide*. Montpelier, Vt.: Food Works, Common Roots Press.
- LiFE Curriculum Series. *Growing food: Linking food and the environment*. Teachers College, Columbia University.
- Morrell, D. (2009). *Organic crops in pots: how to grow your own vegetables, fruits, and herbs*. New York: Cico Books.
- Museum Institute for Teaching Science (MITS). *Science in the Garden: Inquiry-based Investigations for Uncovering the Science Taking Place in Your Schoolyard Garden*.  
<http://mits.org/publications-science-in-the-garden/>
- Smith, E. C. (2000). *The vegetable gardener's bible* (2nd ed., Fully updated 10th anniversary ed.). North Adams, MA: Storey Pub.
- Smith, E. C. (2011). *The vegetable gardener's container bible*. North Adams, MA: Storey Pub.
- Sporer, A., & Pringle, R. K. (2010). *How to grow a school garden: a complete guide for parents and teachers*. Portland, Or.: Timber Press.

## **Nutrition Education**

- Community Ground Works. *Got Veggies? & Got Dirt? A Youth Garden-Based Nutrition Education Curriculum*. Nutrition, Physical Activity & Obesity Program  
Wisconsin Department of Health Services  
<http://www.dhs.wisconsin.gov/publications/P0/P00228.pdf>
- Evers, C. L. (1995). *How to teach nutrition to kids: an integrated, creative approach to nutrition education for children ages 6-10*. Tigard, OR: 24 Carrot Press.
- Fortin, F. (1996). *The visual food encyclopedia*. New York: Macmillan.
- Katzen, M., & Henderson, A. (1994). *Pretend soup and other real recipes: a cookbook for preschoolers & up*. Berkeley, Calif.: Tricycle Press.
- Katzen, M. (1999). *Honest pretzels: and 64 other amazing recipes for cooks ages 8 & up*. Berkeley, Calif.: Tricycle Press.

Katzen, M. (2005). *Salad people and more real recipes: a new cookbook for preschoolers & up*. Berkeley, Calif.: Tricycle Press.

LiFE Curriculum Series. *Choice, control & change: Using science to make food and activity decisions*. Teachers College, Columbia University.

LiFE Curriculum Series. *Farm to table & beyond*. Teachers College, Columbia University.

Pitchford, P. (2002). *Healing with whole foods: Asian traditions and modern nutrition* (3rd ed.). Berkeley, Calif.: North Atlantic Books.

### **Nutrition & Public Health**

Marcus, S. A. (2007). *The Hungry Brain: The Nutrition/Cognition Connection (The Nutshell Series)* (1 ed.). Thousand Oaks, CA: Corwin Press.

Nestle, M. (2007). *Food Politics: How the Food Industry Influences Nutrition, and Health, Revised and Expanded Edition (California Studies in Food and Culture)* (2 ed.). Berkeley: University of California Press.

Nitzke, S. A. (2010). *Rethinking nutrition: connecting science and practice in early childhood settings*. St. Paul, MN: Redleaf Press.

Pranis, E. (2008). *Nourishing choices: implementing food education in classrooms, cafeterias, and schoolyards*. South Burlington, Vt.: National Gardening Association.

### **Place-Based & Experiential Education**

Orr, D.W. Place and pedagogy. (2005). In Stone, M.K. & Barlow, Z. (Eds.), *Ecological literacy: Educating our children for a sustainable world* (pp. 85-95). San Francisco: Sierra Club Books.

Parrella, D. (1995). *Project Seasons: hands-on activities for discovering the wonders of the world* (Rev. ed.). Shelburne, Vt.: Shelburne Farms.

Sobel, D. (1999). *Beyond Ecophobia: Reclaiming the Heart in Nature Education (Nature Literacy Series, Vol. 1) (Nature Literacy) (Nature Literacy)*. s: Orion Society.

Sobel, D. (2008). *Childhood and Nature: Design Principles for Educators*. York: Stenhouse Publishers.

Sobel, D. (1998). *Mapmaking with children: sense-of-place education for the elementary years*. Portsmouth, NH: Heinemann.

Sobel, D. (2005). *Place-based education: connecting classrooms and communities*. Great Barrington, MA: The Orion Society.

Sobel, D. (2005). *Place-based Education: Connecting Classrooms & Communities, With Index* (2 ed.). The Orion Society.

### **Professional Development & Curriculum Development**

Calkins, L., & Ehrenworth, M. (2012). *Pathways to the common core: accelerating achievement*. Portsmouth, NH: Heinemann.

Goleman, D., & Bennett, L. (2012). *Ecoliterate: how educators are cultivating emotional, social, and ecological intelligence*. San Francisco, CA: Jossey-Bass.

Wiggins, G. P., & McTighe, J. (2011). *The understanding by design guide to creating high-quality units*. Alexandria, Va.: ASCD.

### **School Food System**

Center for Ecoliteracy - Rethinking School Lunch

[http://www.ecoliteracy.org/sites/default/files/uploads/rethinking\\_school\\_lunch\\_guide.pdf](http://www.ecoliteracy.org/sites/default/files/uploads/rethinking_school_lunch_guide.pdf)

Cooper, A., & Holmes, L. (2007). *Lunch lessons: Changing the way we feed our children*. New York: Collins Living.

Levine, S. (2008). *School Lunch Politics: The Surprising History of America's Favorite Welfare Program (Politics and Society in Twentieth Century America)*. Princeton: Princeton University Press.

Morgan, K., & Sonnino, R. (2010). *The School Food Revolution: Public Food and the Challenge of Sustainable Development*. London: Earthscan Pubns Ltd.

Poppendieck, J. (2010). *Free for All: Fixing School Food in America (California Studies in Food and Culture)* (1 ed.). Berkeley: University of California Press.

### **Working with Youth**

Gale, G., & Talluto, K. (200). *Growing together: a guide for building inspired, diverse, and productive youth communities*. Lincoln, Mass.: The Food Project.

### **Other Resources/Websites**

Farm Based Education Network: <http://www.farmbasededucation.org/>

Farm to School (National) Tools & Resources:

<http://www.farmtoschool.org/resources.php>

School Meals Vermont – FFVP Materials: <http://www.schoolmealsvt.com/summer-after-school-and-ffvp/the-fresh-fruit-a-vegetable-program>

Sustainable Schools Project Tools and Resources:  
<http://www.sustainableschoolsproject.org/tools-resources>

Vermont FEED Tools and Resources: <http://www.vtfeed.org/tools>