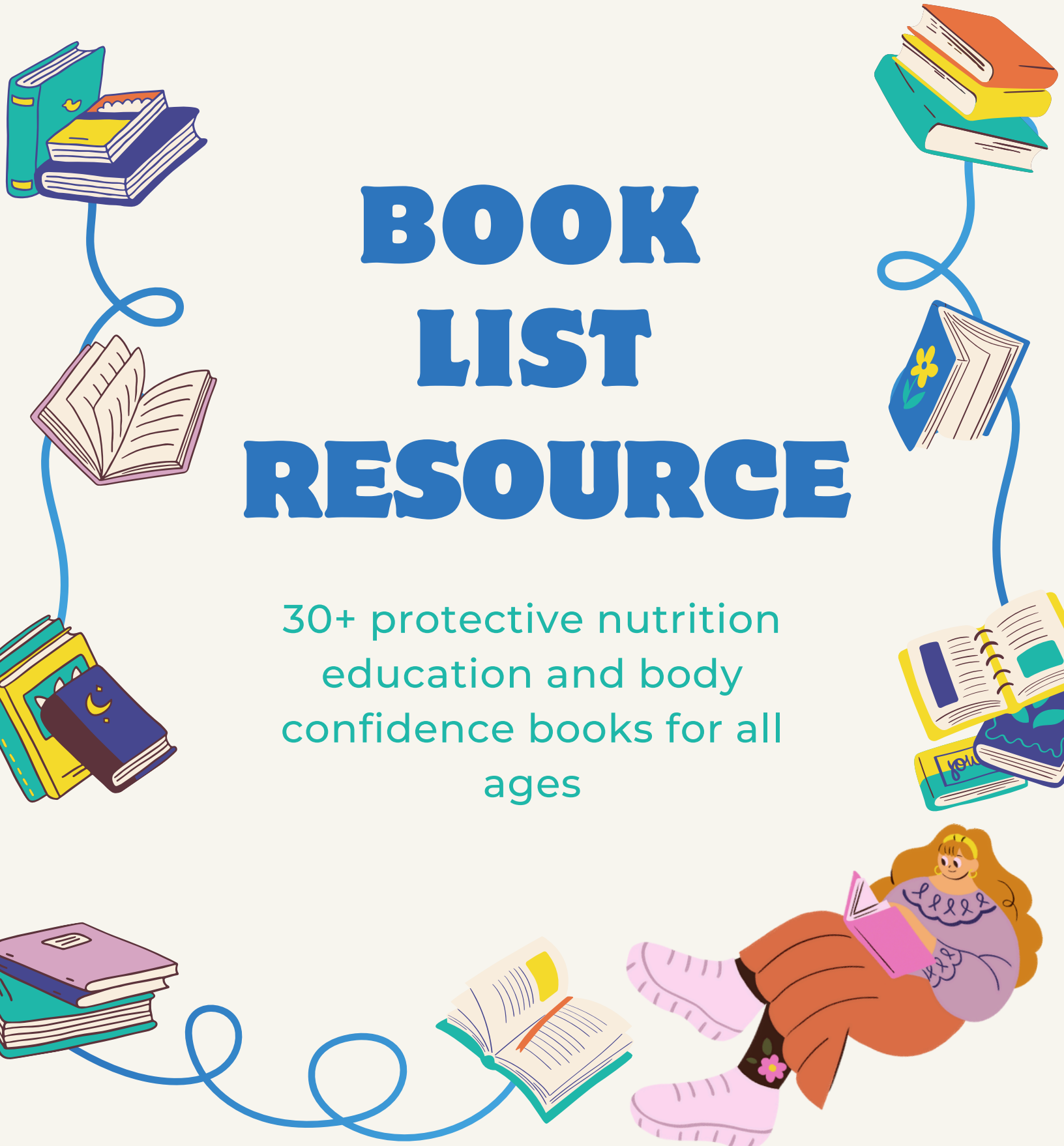


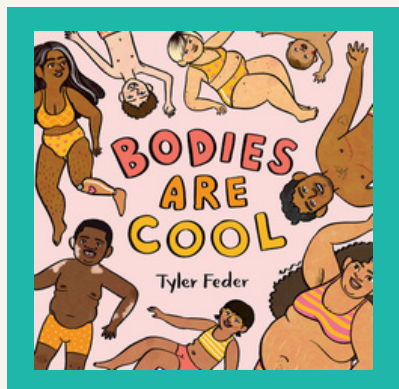
BOOK LIST RESOURCE

30+ protective nutrition
education and body
confidence books for all
ages



PRE-SCHOOL AGE

TOPIC: BODY CONFIDENCE



Bodies are Cool *by Tyler Feder*

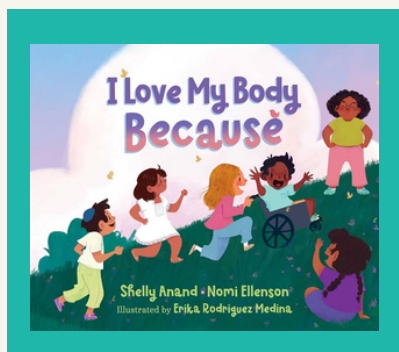
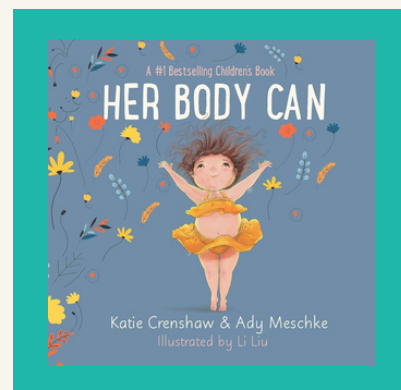
"THIS PICTURE BOOK IS A PURE CELEBRATION OF ALL THE DIFFERENT HUMAN BODIES THAT EXIST IN THE WORLD. HIGHLIGHTING THE VARIOUS SKIN TONES, BODY SHAPES, AND HAIR TYPES IS JUST THE BEGINNING IN THIS TRULY INCLUSIVE BOOK. WITH ITS JOYFUL ILLUSTRATIONS AND ENCOURAGING REFRAIN, IT WILL INSTILL BODY ACCEPTANCE AND CONFIDENCE IN THE YOUNGEST OF READERS"

AGES 2-5

Her Body Can *by Katie Crenshaw*

"A BOOK OF POETIC SELF-LOVE AND BODY POSITIVITY DECLARATIONS FOR ALL YOUNG GIRLS. ITS AIM IS TO ENCOURAGE OUR YOUNG GIRLS TO CREATE A REALITY FOR THEMSELVES IN WHICH THEY LOVE THEMSELVES AND THEIR BODIES FOR EXACTLY WHO AND WHAT THEY ARE, INSTEAD OF LEARNING TO JUDGE THEMSELVES AND HATE THEIR BODIES FOR WHAT THEY ARE NOT."

AGES 2-7



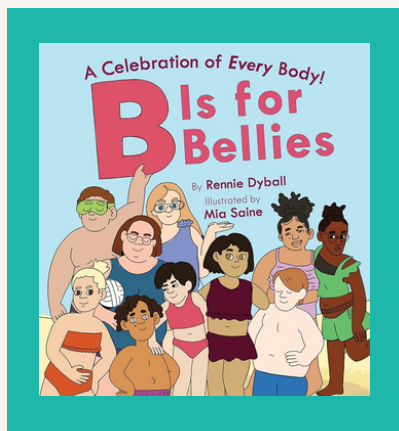
I Love My Body Because *by Shelly Anand, Nomi Ellenson, Erika Rodriguez*

"I LOVE MY BODY BECAUSE IS A GENTLE AND POETIC PICTURE BOOK FOR THE YOUNGEST READERS ABOUT CELEBRATING YOUR OWN BODY AND ALL THE DIFFERENT, WONDERFUL BODIES THAT MAKE UP OUR WORLD"

AGES 4-8

PRE-SCHOOL AGE

TOPIC: BODY CONFIDENCE

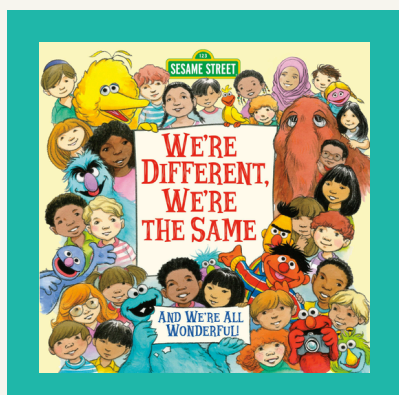
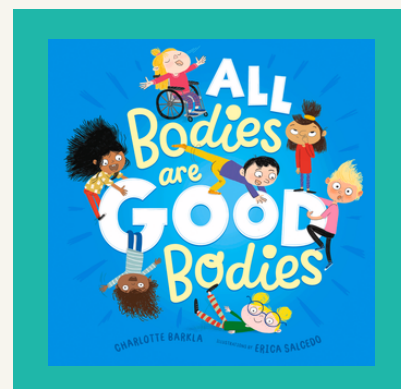


B is for Bellies (A Celebration of Every Body) *by Rennie Dyball*

“RENNIE DYBALL’S BOUNCY RHYMING TEXT FEATURES AFFIRMATIONAL ABCS PAIRED WITH MIA SAINÉ’S VIBRANT ILLUSTRATIONS THAT SHOWCASE AN INCLUSIVE RANGE OF BODY SHAPES AND SIZES, DIFFERENT RACES, ABILITIES, AND GENDER EXPRESSIONS. THIS FUN AND FULFILLING READ ALOUD FOR YOUNGER READERS AND THEIR CAREGIVERS EMPHASIZES THAT ALL BODIES ARE GOOD BODIES”
AGES 2-7 / GRADES PRESCHOOL - 3

All Bodies are Good Bodies *by Charlotte Barkla*

“BOLD AND BEAUTIFUL, LOUD AND PROUD, ALL BODIES ARE GOOD BODIES IS AN UPLIFTING BOOK ABOUT DIFFERENT BODY FEATURES AND TYPES. THROUGH PLAYFUL RHYME, IT PROMOTES THE DEVELOPMENT OF BODY ACCEPTANCE AND CELEBRATES INCLUSIVITY AND INDIVIDUALITY.”
AGES 3-5 / GRADES PRESCHOOL - KINDERGARTEN



We're Different, We're the Same *by Bobbi Kates*

“HELP TEACH TODDLERS AND THE ADULTS IN THEIR LIVES THAT EVERYONE IS THE SAME ON THE INSIDE, AND IT’S OUR DIFFERENCES THAT MAKE THIS WONDERFUL WORLD, WHICH IS HOME TO US ALL, AN INTERESTING-AND SPECIAL-PLACE. THIS ENDURING, COLORFUL, AND CHARMINGLY ILLUSTRATED BOOK OFFERS AN EASY, ENJOYABLE WAY TO LEARN ABOUT DIFFERENCES - AND WHAT TRULY MATTERS.”
AGES 1-4 / GRADES PRESCHOOL - 2

PRE-SCHOOL AGE

TOPIC: NUTRITION + FOOD LITERACY

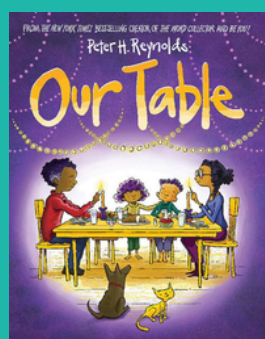


Our Little Kitchen *by Jillian Tamaki*

"A LIVELY CELEBRATION OF FOOD AND COMMUNITY FROM CALDECOTT HONOREE JILLIAN TAMAKI. THIS ROUSING PICTURE BOOK TELLS THE STORY OF A CREW OF RESOURCEFUL NEIGHBORS WHO COME TOGETHER TO PREPARE A MEAL FOR THEIR COMMUNITY."
AGES 4-8 / GRADES PRESCHOOL - 3

How We Eat *by Shuli de la Fuente-Lau*

"HELPS FAMILIES AND EDUCATORS DISCUSS ABILITY, CULTURE, AND FOOD AT HOME AND IN THE CLASSROOM"
AGES 1-3 / GRADE PRESCHOOL

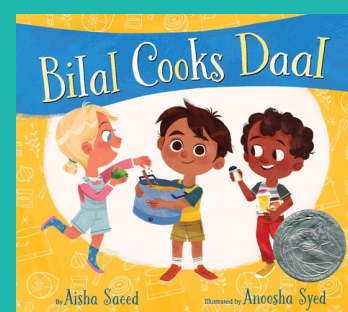


Our Table *by Peter H Reynolds*

"A TENDER, LYRICAL STORY OF MULTIGENERATIONAL LOVE, TRADITION, AND FAMILY COMING TOGETHER WITH GRATITUDE AND THANKS"
AGES 4-8 / GRADES PRESCHOOL - 3

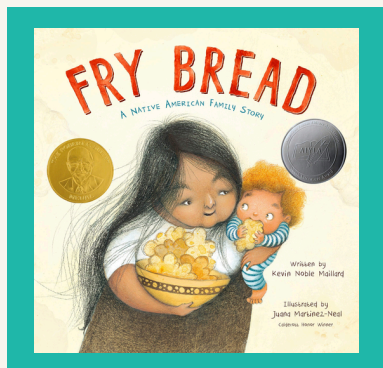
Bilal Cooks Daal *by Aisha Saeed*

"SIX-YEAR-OLD BILAL INTRODUCES HIS FRIENDS TO HIS FAVORITE DISH - DAAL! - IN THIS CHARMING PICTURE BOOK THAT SHOWCASES THE VALUE OF PATIENCE, TEAMWORK, COMMUNITY, AND SHARING"
AGES 2-7 / GRADES PRESCHOOL - 3



PRE-SCHOOL AGE

TOPIC: NUTRITION + FOOD LITERACY



Fry Bread: A Native American Family Story *by Kevin Noble Maillard*

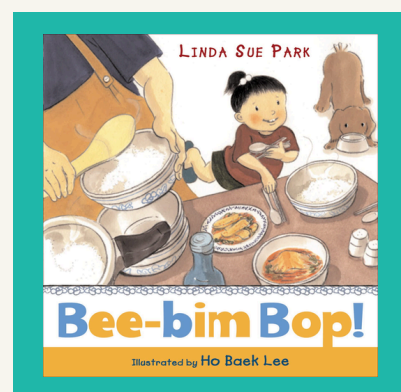
"THE STORY OF FRY BREAD IS THE STORY OF AMERICAN INDIANS: EMBRACING COMMUNITY AND CULTURE IN THE FACE OF OPPOSITION."

AGES 2-6 / GRADE PRESCHOOL +

Bee-Bim Bop! *by Linda Sue Park*

"IN BOUNCY, RHYMING TEXT, A HUNGRY CHILD TELLS OF HELPING HER MOTHER MAKE BEE-BIM BOP: SHOPPING, PREPARING INGREDIENTS, SETTING THE TABLE, AND SITTING DOWN TO ENJOY A FAVORITE MEAL."

AGES 2-7 / GRADES PRESCHOOL - 3



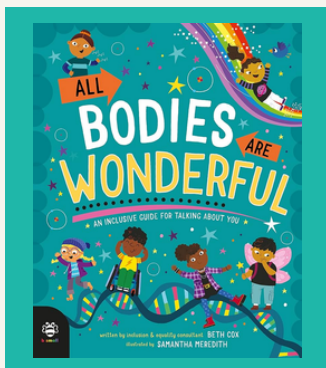
What's Cooking? *by Joshua David Stein*

"INCORPORATING HUMOR, WORD PLAY, LOGIC AND ILLOGIC, FOREIGN FOODS, AND EVEN SOME COOKBOOK VOCABULARY, THIS READ-ALoud BOOK OFFERS CHILDREN FACTS TO SHARE AND MAYBE EVEN THE IMPETUS TO GET INVOLVED IN THE KITCHEN!"

AGES 3-5 / GRADES PRESCHOOL - KINDERGARTEN

SCHOOL AGE

TOPIC: BODY CONFIDENCE

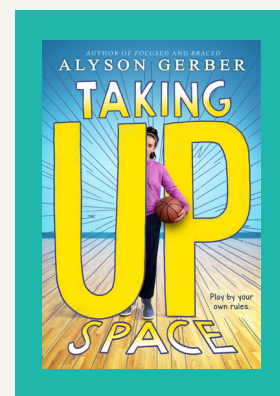


All Bodies are Wonderful *by Beth Cox*

"BY TEACHING THE PRINCIPLES OF DNA, ANATOMY, NATURE VS. NURTURE, ENVIRONMENTAL INFLUENCE, AND MORE - ALL IN LANGUAGE THAT IS ACCESSIBLE AND INCLUSIVE - CHILDREN WILL LEARN TO CELEBRATE ALL BODY TYPES. TIPS ARE INCLUDED THROUGHOUT TO HELP THEM FEEL CONFIDENT AND EMPOWERED AS THEY GROW. ADULTS MAY EVEN LEARN SOMETHING, TOO!"
AGES 6+

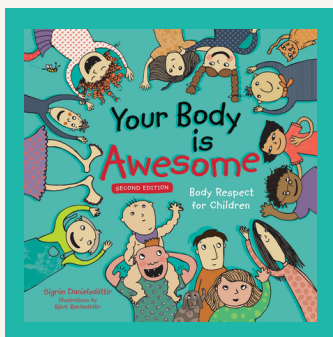
Taking Up Space! *by Alyson Gerber*

"A REALISTIC AND COMPELLING STORY ABOUT STRUGGLING WITH BODY IMAGE AND LEARNING THAT TRUE SELF-ESTEEM COMES FROM WITHIN"
AGES 8-12 / GRADES 3-7



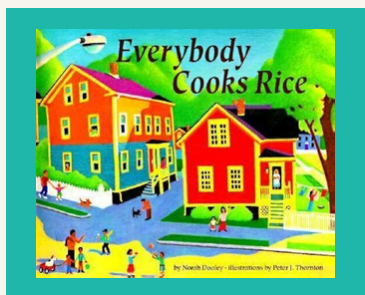
Your Body is Awesome: Body Respect for Children *by Sigrun Danielsdottir*

"THE COLORFUL ILLUSTRATIONS IN THIS UNIQUE PICTURE BOOK WILL ENCOURAGE CHILDREN TO LOVE THEIR BODIES FROM AN EARLY AGE. BY LEARNING ABOUT ALL THE WONDERFUL THINGS BODIES CAN DO, AND HOW EACH BODY IS DIFFERENT AND UNIQUE, CHILDREN WILL BE INSPIRED TO TAKE GOOD CARE OF THEIR BODIES THROUGHOUT THEIR LIVES. PROMOTING RESPECT FOR BODY DIVERSITY AMONG CHILDREN WILL ALSO ENCOURAGE KINDNESS AND PREVENT BULLYING.
GRADES 1-2



SCHOOL AGE

TOPIC: NUTRITION + FOOD LITERACY

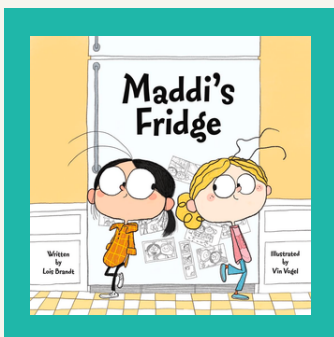
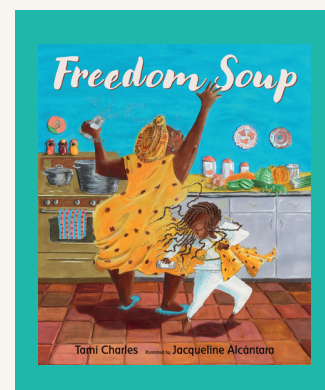


Everybody Cooks Rice *by Norah Dooley*

"THE STORY FOLLOWS CARRIE AS SHE VISITS DIFFERENT FAMILIES IN HER NEIGHBORHOOD, DISCOVERING THE UNIQUE RICE DISHES THEY PREPARE. A FUN STORY THAT HIGHLIGHTS THE POWER OF FOOD TO BRING PEOPLE TOGETHER."
AGES 5-9 / GRADES 1-3

Freedom Soup *by Tami Charles*

"IN THIS CELEBRATION OF CULTURAL TRADITIONS PASSED FROM ONE GENERATION TO THE NEXT, JACQUELINE ALCANTARA'S LUSH ILLUSTRATIONS BRING TO LIFE BOTH BELLE'S STORY AND THE STORY OF THE HAITIAN REVOLUTION. TAMI CHARLES'S LYRICAL TEXT, AS ACCESSIBLE AS IT IS SENSORY, MAKES FOR A TALE THAT READERS WILL ENJOY TO THE LAST DROP."
AGES 5-9 / GRADES KINDERGARTEN - 4

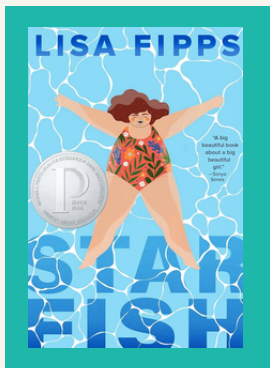


Maddi's Fridge *by Lois Brandt*

"FILLED WITH COLORFUL ARTWORK, THIS STORYBOOK ADDRESSES THE ISSUES OF POVERTY WITH HONESTY AND SENSITIVITY WHILE INSTILLING IMPORTANT LESSONS IN FRIENDSHIP, EMPATHY, TRUST, AND HELPING OTHERS."
AGES 5-9 / GRADES KINDERGARTEN - 4

HIGH SCHOOL AGE

TOPIC: BODY CONFIDENCE

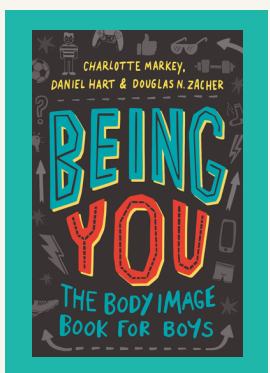
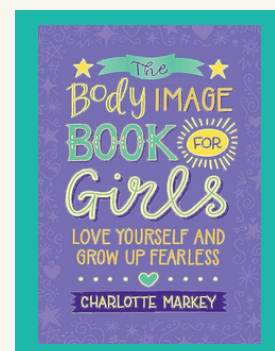


Starfish *by Lisa Fipps*

"WRITTEN IN FREE VERSE, STARFISH FOLLOWS ELLIE, A TEXAS GIRL WHO HAS BEEN BULLIED RELENTLESSLY FOR HER WEIGHT, EVEN BY HER OWN MOTHER. WITH THE HELP OF A THERAPIST, A NEW FRIEND, AND HER LOVING FATHER, ELLIE LEARNS TO STAND UP FOR HERSELF AND BE UNAPOLOGETICALLY HER. STARFISH IS A MUCH-NEEDED STORY FOR YOUNG PEOPLE ABOUT THE POWER OF KINDNESS AND SELF-LOVE."
AGES 10-12 / GRADES 5-6

The Body Image Book for Girls: Love Yourself and Grow Up Fearless *by Charlotte Markey*

"SHE PROVIDES ALL THE FACTS ON PUBERTY, MENTAL HEALTH, SELF-CARE, WHY DIETS ARE BAD NEWS, DEALING WITH SOCIAL MEDIA, AND EVERYTHING IN-BETWEEN. GIRLS WILL FIND ANSWERS TO QUESTIONS THEY ALWAYS WANTED TO ASK, THE TRUTH BEHIND MANY BODY IMAGE MYTHS, AND REAL-LIFE STORIES FROM GIRLS WHO SHARE THEIR OWN EXPERIENCES."
AGES 12-17 / GRADES 7-9

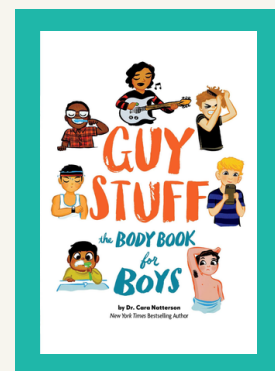


Being You: The Body Image Book for Boys *by Charlotte Markey, Daniel Hart*

"IT COVERS ALL THE FACTS ON PUBERTY, DIET, EXERCISE, SELF-CARE, MENTAL HEALTH, SOCIAL MEDIA, AND EVERYTHING IN BETWEEN. BOYS WILL FIND ANSWERS TO THE QUESTIONS MOST ON THEIR MIND, THE TRUTH BEHIND MANY DIET AND EXERCISE MYTHS. REAL LIFE STORIES FROM OTHER BOYS. ARMED WITH THIS BOOK, THEY WILL UNDERSTAND THAT MUSCLES DON'T MAKE A MAN - IT'S ENOUGH SIMPLY BEING YOU."
AGE 12+

Guy Stuff: The Body Book for Boys *by Cara Natterson & Micah Player*

"WRITTEN FOR TWEEN BOYS, READERS WILL FIND SOUND INFORMATION ON HOW TO TAKE CARE OF YOURSELF, INCLUDING TIPS, HOW-TOS, AND FACTS FROM A REAL PEDIATRICIAN THAT WILL HELP YOU LEARN ABOUT YOUR BODY CHANGES. FROM GROWING TALLER TO DEVELOPING A DEEPER VOICE, TO SWEATING MORE, AND DEVELOPING MUSCLES...THESE ARE JUST A FEW OF THE CHANGES YOU CAN EXPECT AND THIS BOOK WILL HELP MAKE THINGS LESS AWKWARD."
AGES 8-12



HIGH SCHOOL AGE

TOPIC: BODY CONFIDENCE

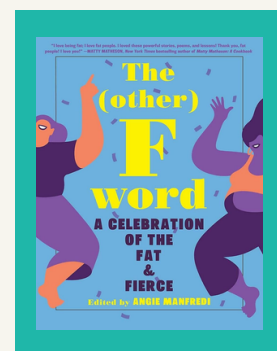


Fat Chance, Charlie Vega *by Crystal Maldonado*

"A SENSITIVE, FUNNY, AND PAINFULLY HONEST COMING-OF-AGE STORY WITH A WRY VOICE AND TONES OF CHISME. FAT CHANCE, CARLIE VEGA TACKLES OUR RELATIONSHIPS TO OUR PARENTS, OUR BODIES, OUR CULTURES, AND OURSELVES."
AGES 14-17 / GRADES 9-12

The Other F Word: A Celebration of Fat & Fierce *by Angie Manfredi*

"THIS DAZZLING COLLECTION OF ART, POETRY, ESSAYS, AND FASHION TIPS IS MEANT FOR PEOPLE OF ALL SIZES WHO DESIRE TO BE SEEN AND HEARD IN A CULTURE CONSUMED BY A NARROW DEFINITION OF BEAUTY. BY COMBINING THE TALENTS OF RENOWNED FAT YA AND MIDDLE-GRADE AUTHORS, AS WELL AS FAT INFLUENCERS AND CREATORS, THE (OTHER) F WORD OFFERS TEEN READERS AND ACTIVISTS OF ALL AGES A TOOL FOR NAVIGATING OUR WORLD WITH CONFIDENCE AND COURAGE."
AGES 13+ / GRADES 8+



Every Body Shines: Sixteen Stories About Living Fabulously Fat *by Cassandra Newbould*

"WITH STORIES THAT FEATURE FAT MAIN CHARACTERS STARRING IN A MULTITUDE OF SETTINGS, AND WRITTEN BY AUTHORS WHO LIVE THESE LIVES TOO, THIS IS TRULY A UNIQUE COLLECTION THAT SHOWS FAT YOUNG PEOPLE THE REPRESENTATION THEY DESERVE."
AGES 14-17 / GRADES 10-12

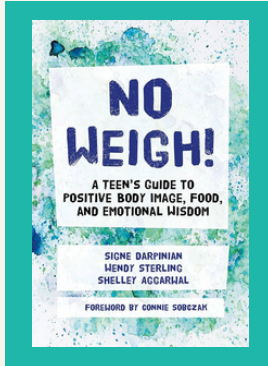
The Intuitive Eating Workbook for Teens *by Elyse Resch*

"WITH THIS BREAKTHROUGH WORKBOOK, YOU'LL LEARN TO NOTICE AND RESPECT YOUR BODY'S NATURAL HUNGER AND FULLNESS SIGNALS, FIND REAL EATING SATISFACTION, CULTIVATE BODY POSITIVITY, AND BUILD A PROFOUND CONNECTION TO YOUR MIND AND BODY FOR YEARS TO COME. EACH CHAPTER INCLUDES AN IMPORTANT PRINCIPLE OF INTUITIVE EATING, AND INCLUDES WORKSHEETS AND ACTIVITIES TO HELP YOU CONNECT WITH AND DEEPEN YOUR SKILLS."
AGES 13-18 / GRADES 7-12



MIDDLE + HIGH SCHOOL AGE

TOPIC: NUTRITION + FOOD LITERACY

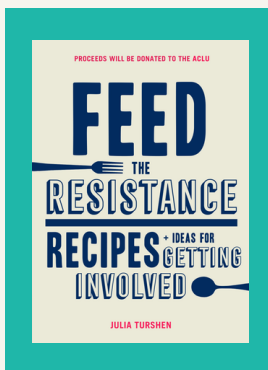
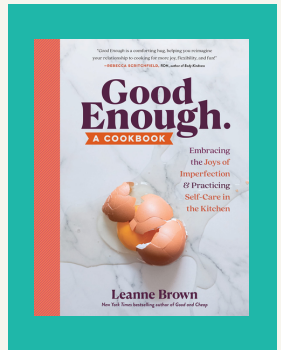


No Weigh! by Shelley Aggarwal

"THIS WORKBOOK HAS EVERYTHING YOU NEED TO ACHIEVE CONNECTED EATING, BODY POSITIVITY, AND BALANCED EXERCISE. IT WILL HELP YOU STAY WELL INFORMED ABOUT HOW BODIES CHANGE EMOTIONALLY AND PHYSICALLY IN THE TEEN YEARS, AND WHY GOOD NUTRITION IS CRITICAL FOR GROWTH AND DEVELOPMENT. IT DEBUNKS ANY MYTHS ABOUT DIETS AND 'FORBIDDEN FOODS' AND ALSO GIVES YOU THE TOOLS AND STRATEGIES TO AVOID POTENTIAL TRIGGERS OF DISORDERED EATING."
AGES 13-18 / GRADES 7-9

Good Enough: A Cookbook by Leanne Brown

"IT'S AS MUCH ABOUT THE HEALING PROCESS OF COOKING AS IT IS ABOUT DELICIOUS RECIPES. IT'S ABOUT ACKNOWLEDGING THE FEARS AND ANXIETIES MANY OF US HAVE WHEN WE GET IN THE KITCHEN, THEN LEARNING TO LET THEM GO IN THE SENSORY EXPERIENCE OF WORKING WITH FOOD. IT'S ABOUT SLOWING DOWN, HONORING THE BEAUTIFUL ACT OF FEEDING YOURSELF AND YOUR LOVED ONES, AND RELEASING THE WORRIES ABOUT WHETHER WHAT YOU'VE MADE IS GOOD ENOUGH. IT IS."



Feed the Resistance: Recipes + Ideas for Getting Involved by Julia Turshen

"WHEN PEOPLE SEARCH FOR WAYS TO RESIST INJUSTICE AND EXPRESS SUPPORT FOR CIVIL RIGHTS, ENVIRONMENTAL PROTECTIONS, AND MORE, THEY BEGIN BY GATHERING AROUND THE TABLE TO TALK AND PLAN. THESE DISHES FOSTER COMMUNITY AND PROVIDE SUSTENANCE FOR THE MIND AND SOUL... WITH STIMULATING LISTS, EXTENSIVE RESOURCES, AND ESSAYS FROM ACTIVISTS IN THE WORLDS OF FOOD, POLITICS, AND SOCIAL CAUSES."

The Eating Instinct by Virginia Sole-Smith

"THE EATING INSTINCT VISITS KITCHEN TABLES AROUND AMERICA TO TELL SOLE-SMITH'S OWN STORY, AS WELL AS THE STORIES OF WOMEN RECOVERING FROM WEIGHT LOSS SURGERY, OF PEOPLE WHO EAT ONLY NINE FOODS, OF FAMILIES WITH UNLIMITED GROCERY BUDGETS AND THOSE ON FOOD STAMPS. EVERY STRUGGLE IS UNIQUE. BUT SOLE-SMITH SHOWS HOW THEY'RE ALSO ALL PRODUCTS OF OUR MODERN FOOD CULTURE. AND THEY'RE ALL ASKING THE SAME QUESTIONS: HOW DID WE LEARN TO EAT THIS WAY? WHY IS IT SO HARD TO FEEL GOOD ABOUT FOOD?; AND HOW CAN WE MAKE IT BETTER?"

