

Clean Food: Seasonal Guide to Eating Close to the Source with more than 200 recipes for a Healthy and Sustainable You by Terry Walters

641.5636 WAL

Movies

Food, Inc.

DVD 338.47 FOO

Lifts the veil on our nation's food industry, exposing how our nation's food supply is now controlled by a handful of corporations that often put profits ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment.

King Corn: You are What You Eat

DVD 635.67 KIN

Fueled by curiosity and a dash of naiveté, college buddies Ian Cheney and Curt Ellis return to their ancestral home of Greene, Iowa, to find out how the modest corn kernel conquered America. With the help of real farmers, powerful fertilizer, government aid, and genetically modified seeds, the friends manage to grow one acre of corn. Along the way, they unlock the hidden truths about America's modern food system.

Supersize Me

DVD 647.95 SUPER

Filmmaker Morgan Spurlock embarks on a journey to find out if fast food is making Americans fat. For 30 days he can't eat or drink anything that isn't on the McDonald's menu.

Parenting

Happy Go Local: The Smart Mom's Guide to Living the Good (and Sustainable) Life by Linsly Donnelly

PT 333.72 DON

In Happy-Go-Local, Linsly Donnelly shares countless ideas from her own experience in living locally to help you raise a happy and sustainable family. From community swaps to cooking co-ops, her approachable, step-by-step style will inspire you to make changes that bring your family, neighborhood, and town together--one compost pile at a time.

The Green Hour : A Daily Dose of Nature for Happier, Healthier, Smarter Kids by Todd Christopher

PT 796.083 CHR



Healthy Eating & Going Green Library List

**CHECK OUT
CALL NUMBERS
IN BOLD TO
FIND THEM AT
THE PEMBROKE
LIBRARY TODAY!**



**Pembroke Public
Library
142 Center St.
Pembroke, MA
02359**

Kids Picturebooks

Rotten Ralph Feels Rotten by Jack Gantos

JE GANTOS, J.

Rotten Ralph comes to appreciate Sarah's healthy cat food after he gets sick from eating out of trash cans.

Farmers Market by Paul Brett Johnson

JE JOHNSON, P.

On Saturdays in the summer, Laura goes with her family to help sell their produce at the farmers' market and spend a little time with her friend Betsy.

Gregory the Terrible Eater by Mitchell Sharmat

JE SHARMAT, M.

A very picky eater, Gregory the goat refuses the usual goat diet staples of shoes and tin cans in favor of fruits, vegetables, eggs, and orange juice.

The Gulps by Rosemarie Wells

JE WELLS, R.

After their van and the Killer Whale water slide break down under the strain of their excessive weight, the Gulps decide to eat right and exercise.

Kids Non-Fiction

Eat This, Not That for Kids by David Zinczenko

J613.2 ZIN

Provides many food "substitutes" to popular sugary and fatty meals at restaurants and the supermarket.

Eating Green by Sunita Apte

J630 APT

Green Princess Cookbook by Barbara Beery

J641.05636 BEE

Reducing Your Foodprint: Farming, Cooking, and Eating for a Healthy Planet by Ellen Rodger

J641.3 ROD

Teens

Want Fries With That?: Obesity and the Supersizing of America by Scott Ingram

YA 362.196 ING

The Scoop on What to Eat: What You Should Know about Diet and Nutrition by Kathlyn Gay

YA 613.2 GAY

Adult Non-Fiction

The Omnivore's Dilemma : A Natural History of Four Meals by Michael Pollan.

394.1 POL

What should we have for dinner? When you can eat just about anything nature (or the supermarket) has to offer, deciding what you should eat will inevitably stir anxiety, especially when some of the foods might shorten your life.

Fast Food Nation by Eric Schlosser

394.10973 SCH

Explores fast food chains and how they have affected farming and industry in America.

Food Rules: An Eater's Manual by Michael Pollan

613.2 POL

Quick rules to live by from different cultures and nutritional research.

The Gorgeously Green Diet: How to Live Lean and Green by Sophie Uliano

613.25 ULI