Vegan Studies
Recommended Reading List

Introduction to Vegan Studies:

- The Vegan Studies Project: Food, Animals, and Gender in the Age of Terror - Laura Wright (2005 text that proposed the new field of vegan studies)
- Through a Vegan Studies Lens: Textual Ethics and Lived Activism (Cultural Ecologies of Food) - collection edited by Laura Wright (excellent starting point to hear a variety of intersectional voices within vegan studies)
- The Routledge Handbook of Vegan Studies (forthcoming, 2020)

Ecofeminism:

- The Sexual Politics of Meat - Carol J. Adams
- Greta Gaard
- Lori Gruen
- Val Plumwood
- Vandana Shiva
- The Cow with Ear Tag #1389 – K. Gillespie
- Ariana Reines The Cow (poetry)
- “The Women Pioneers of the Movement” (blog series) – Roger Yates
  https://www.vegfest.co.uk/2019/09/01/women-pioneers-movement-rarely-shadows/

Animal Rights & Critical Animal Studies:

- Tom Regan (“father” of rights-based animal rights)
- Roger Yates
- Institute for Critical Animal Studies (ICAS) - http://www.criticalanimalstudies.org/ (pro-liberation & very intersectional)
- Education for Total Liberation: Critical Animal Pedagogy and Teaching Against Speciesism, by Anthony Nocella et al.
- Animals, Disability, and the End of Capitalism: Voices from the Eco-ability Movement, Nocella et al.

Veganism in partnership with human & worker rights:
• Lauren Ornelas & the Food Empowerment Project https://foodispower.org/
• Food Not Bombs http://foodnotbombs.net/new_site/

Veganism & Race:
• Aph Ko
• Breeze Harper
• Christopher Sebastian McJetters
• The Invisible Vegan (documentary film)
• Miranda Larbi “Please don’t forget that veganism hasn’t always been a white, middle class thing”

Food culture & veganism:
• Jonathan Safran Foer “Let Them Eat Dog” & Eating Animals
• Beatriz at Dinner (film)

Plant-based diets & nutritional policy:
• T. Colin Campbell The China Study
• “Racial Bias in Federal Nutrition Policy” (Parts 1-2) (available on PubMed) – Milton Mills et al.
• Michael Greger How Not to Die
• Michele Simon Appetite for Profit

Veganism & Climate Crisis/Sustainability:
• Sailesh Rao “Animal Agriculture is the Leading Cause of Climate Change” (white paper)
• Ongoing IPCC reports
• The Climate Healers https://www.climatehealers.org/ (free online conference series currently going on—a ton of excellent talks about a variety of intersectional issues)

Info on veganism:
• The Vegan Society https://www.vegansociety.com/
• Factory Farming Awareness Coalition https://www.ffacoalition.org/
• Plant-Based on a Budget https://plantbasedonabudget.com/
• The Vegan Information Project