

"A guide to the gift that keeps on giving: veganism,  
the best survival tool for whatever comes next."

—James Cromwell, actor and activist

*The Smart Parents*  
**GUIDE**  
*—to Raising—*  
**VEGAN KIDS**

**LESSONS FOR LITTLES IN  
PLANT-BASED EATING**

*and*

**COMPASSIONATE LIVING**

**ERIC C. LINDSTROM**  
FOREWORD BY TESS CHALLIS

Eric C. Lindstrom

## The Smart Parent's Guide to Raising Vegan Kids: Lessons for Littles in Plant-Based Eating and Compassionate Living



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Eric C. Is bringing up a vegan baby unhealthy? Both informative and hilarious, including expert advice from the world's leading plant-based physicians and fun recipes for your small vegans, The Smart Parent's Guide to Raising Vegan Kids is the guide every vegan parent needs as elect to bring their kids up in a world that will sustain their children, their grandchildren, and their great-grandchildren. Raising ethically vegan children, actually, lays the groundwork for life of excellent wellness for your son or daughter, the animals, and the planet. The definitive handbook to raising vegan children you've always wished you had. Lindstrom is in the position to know. Learn: How to get your kids to consume vegetables (when it's all they eat in any case) How exactly to teach your kids compassion with visits to sanctuaries rather than zoos Advice for coping with nonvegan social situations and events How to plan for birthday parties and various other events Travel and street trip tips with the family Resources for an A to Z of vegan recipes, films, books, and websites And more! In this useful and tongue-in-cheek information, Lindstrom, dishes the real chat and shares the unique challenges vegans encounter when starting their children from scratch, providing tips, tips, and methods on how to raise compassionate, vegan children in all areas of existence. Having raised one child on the typical American Diet (SAD) and four other kids on a vegan way of life, and being a mid-lifestyle vegan convert himself, Lindstrom learned through knowledge. The Smart Parent's Guide to Raising Vegan Children is the supreme vegan parenting manifesto that assumes this myth and answers all the other questions you've always wondered about?the vegan way.



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Right down to earth, practical information for vegan parents Lindstrom covers everything--nutrition, vacations, pediatricians, birthday celebrations, vegan children's films, plus much more. There's even a recipe for "vegan jello from a box. Don't buy this book. After weeks of culling vegan parenting ideas from websites and random sites, it's great to possess such a concise and well-researched source. Quinoa milk with Hershey's chocolate syrup (page 6)? I should know. I wrote it! But significantly, I've heard great things from other people who have read this (but haven't left a review). Manual on how best to feed your kids vegan junk food! EASILY could give this 0 stars I'd. Unquestionably absurd! It's a manual on how best to replace mainstream junk food with vegan processed foods. Publication is touted as a guide to raise "healthy" children. Significantly, almond milk over fruity pebbles cereal (page 5)??? Excellent book! I wanted recipes,,,ok,,,think about vegan Macintosh n cheese with crushed potato chips on top (p 170)? Some of the recipes demand "vegan rainbow sprinkles" on top. His tone is like an extremely funny, sane, down-to-earth friend who's been there. Therefore disappointed! Just trash,,,,processed foods,,,Incase you didn't know this, you too can get highly processed boxed and packaged vegan mac n cheese, pizza, corn dogs, donuts, jello and cupcakes at the supermarket! I didn't need a book to inform me how to be a popcorn- potatoes chip-chocolate chip cookie -vegan." Oh, lest I forget, a little section on air frying—vegan donut holes, grilled cheese sandwiches, tofu nuggets, chimichangas, vegan corn canines, even air flow fried cookies. The publication reads quickly and quickly (essential for fresh parents) while packing in a lot of useful info. Get your children in the car, visit a farm, play in the fresh air and sunshine, find some bugs, get your hands in the soil, buying some veggies with dirt still on them and make some real food!



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