

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 McJeters
- *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