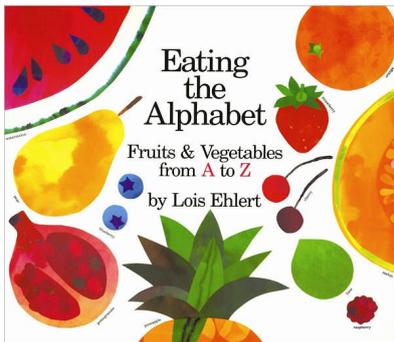




Vegetable Storybooks for Children

Veggie packed storybooks are a great way to teach young children about this nutritious food group and can encourage them to give new varieties a try! The books listed in this resource are available from [Goodreads](#).

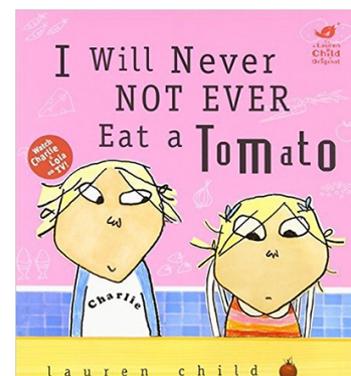


Eating the Alphabet: Fruits & Vegetables from A to Z
Lois Ehlert

I Will Never Not Ever Eat a Tomato

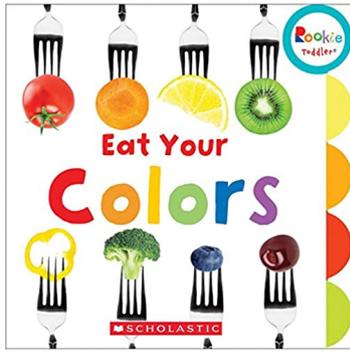
Lauren Child

Reading tips and activities are available [here](#).



Heroes of the Vegetable Patch

Ulf Stark



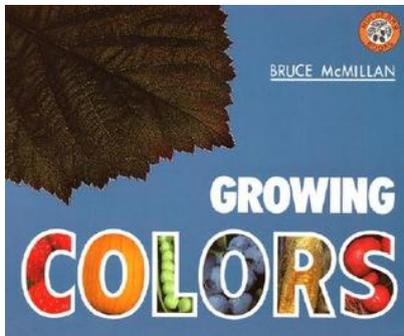
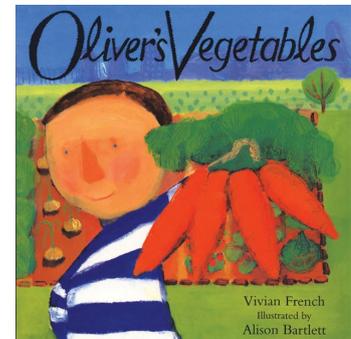
Eat Your Colors

Amanda Miller

Oliver's Vegetables

Vivian French

A reading of this book is available [here](#).

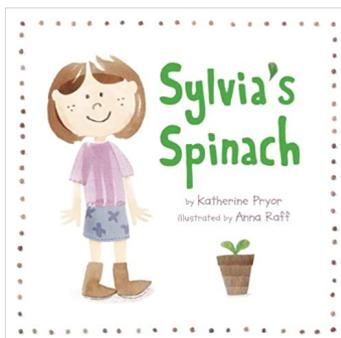
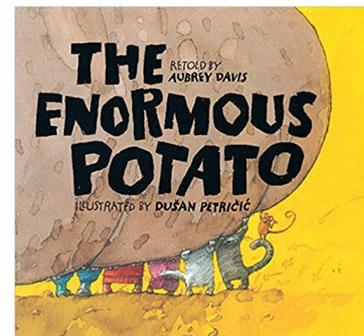


Growing Colors

Bruce McMillan

The Enormous Potato

Aubrey Davis



Sylvia's Spinach

Katherine Pryor

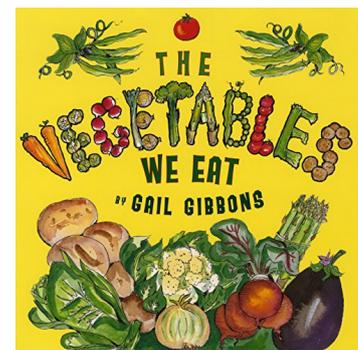
A reading of this book is available [here](#).

Reading tips and activities are available [here](#).

The Vegetables We Eat

Gail Gibbons

Reading tips and activities are available [here](#).



Health

Hunter New England
Local Health District



Artwork:
"Heart of a Child"
Worimi Artist Lara Went

Good for kids
good for life

