

Food Waste Reduction Children's Books

List curated by the Wasted Food Action Alliance (WFAA) Updated October 2023



Bad Bananas: A Story Cookbook for Kids by Karl Beckstrand (Author), Jeff Faerber (Illustrator)

A wisecracking picture book on the short (shelf) life of a bunch of bruisers—with activities to save families from "I'm bored" disease. Diverse banana characters try crazy stunts in a cautionary children's tale with simple low-sugar recipes; including banana muffins, smoothies, cookies, and pancakes.

ISBN-13: 978-0977606542 Ages 4-8 | Pages 24

Before We Eat: From Farm to Table by Pat Brisson

Before we eat, many people work very hard—planting grain, catching fish, tending farm animals, and filling crates of vegetables. With vibrant illustrations by Caldecott Medalist Mary Azarian, this book reminds us what must happen before food gets to our tables to nourish our bodies and spirits. This expanded edition of Before We Eat includes back-of-book features about school gardens and the national farm-to-school movement. **ISBN-13:** 978-0884486527 **Ages** 3-5 | **Pages** 36

The Brave Banana by Nathan Jessop (Author), Michal Bukowy (Illustrator) On an ordinary day a little girl goes inside for a snack. Just as she was thinking about how boring her banana snack was, it came to life! The banana tells her about the world adventure it had been through to arrive at her house and all the people and machines that had helped along the way. It showed just how much energy goes into even the simplest of snacks, and that it's important to value and never waste your food. **ISBN-13:** 979-8986905310 **Ages** 3-8 | **Pages** 29

Don't Waste Your Food (Good to Be Green) by Deborah Chancellor

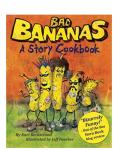
Amara's dad says they shouldn't waste food. But why is this such a big problem? Follow their story and find out what happens to food waste, what can be composted, and how to reduce the amount of food we throw away.

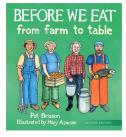
ISBN-13: 978-0778772811 Ages 6-9 | Pages 32

Food Waste (Reduce, Reuse, Recycle) by Deborah Chancellor

Americans throw away about 96 billion pounds of food waste each year, and much of what qualifies as food waste is actually just what we don't get around to eating. Staggering amounts of what could be used to feed the impoverished is instead rotting and producing harmful gases. This thoughtful book engagingly instructs readers on how to become conscientious food consumers and future environmentalists.

ISBN-13: 978-1615322336 Ages 6-10 | Pages 32











Fridge-opolis by Melissa Coffey (Author), Josh Cleland (Illustrator)

This debut picture book is a humorous introduction to recycling and composting for young readers! In the jam-packed city of Fridge-opolis, Swiss cheese has turned moldy and bleu. The broccoli is in a bad mood downtown in the crispers. And the Eastside high-rises are full of dressings cloudy with gloom. With the city in chaos, Mayor Mayonnaise calls on Doctor Baking Soda at Undersink Labs for help. Will they be able to save Fridge-opolis from utter rancid ruin?

ISBN-13: 978-149981254 Ages 4-8 | Pages 32

How Can We Reduce Household Waste? by Mary K. Pratt

Americans throw away millions of tons of waste at home every year. But did you know that much of this household waste can be recycled? Or that there are ways to turn this waste into energy? Learn how you can be part of the solution. As part of the Searchlight Books™ collection, this series sheds light on an important question—What Can We Do about Pollution? Informative text, compelling photos, and engaging captions will help you find the answer!

ISBN-13: 978-1467797016 Ages 8-11 | Pages 40

How Did That Get in My Lunchbox?: The Story of Your Food by Christine Butterworth One of the best parts of a young child's day is opening a lunchbox and diving in. But how did that delicious food get there? From planting wheat to mixing dough, climbing trees to machine-squeezing fruit, picking cocoa pods to stirring a vat of melted bliss, here is a clear, engaging look at the steps involved in producing some common foods. Health tips and a peek at basic food groups complete the menu.

ISBN-13: 978-0763665036 Ages 3-7 | Pages 32

LEFTOVER FOOD: Dealing With Waste by Sally Morgan

Let's look at the world and see what is happening globally. Let's be aware of how we contribute to waste and what we can do to live in a more sustainable way. Leftover Food is a clear and informative book for children to investigate a variety of topics on food wastage and the recycling of food waste. It is one of six titles in the excellent Dealing With Waste series.

ISBN-13: 978-0749664336 Ages 6+ | Pages 32

Nature's Promise: A Baby Carrot's Journey by Tamaki Hoshi

Told through the perspective of a baby carrot, this short story reflects the unfortunate realities of food loss and waste around the world. It was inspired by Goal 12 (Ensure sustainable consumption and production patterns) of the United Nations' Sustainable Development Goals. Long ago, Mother Nature gifted the creatures of the Earth with energy. In exchange, the creatures promised to protect the valuable gift by using it carefully and passing it amongst one another. Those who are able to keep this promise, like the baby carrot's Mama, are set free as stars in the night sky. Determined to reunite with his loving Mama, the baby carrot embarks on a special journey to pass on his own energy.

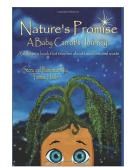
ISBN-13: 979-8654475374 **Ages** 5-10 | **Pages** 36

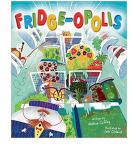


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Oh' to be a Banana by Ashley Blain

In overall weight, bananas are wasted more than any other food product. After harvest, almost 60% of bananas are thrown away. When bananas are thrown away, they become waste. In the world, about 114.8 million metric tons of banana waste are produced per year. Most bananas don't even make it to the grocery store, and those that do likely will end up thrown away once the brown and freckle. Oh' to be a Banana is an educational tool/resource intended to introduce the topic of food waste and food sustainability to young audiences.

ISBN-13: 979-8826801475 Ages 4-7 | Pages 44

The Perfectly Wonky Carrot by Newmany

It's what's on the inside that counts! Something strange has appeared in the fruit & veg aisle - something quite wonky. The other fruit and veg can't believe it. "How odd looking...he doesn't belong here!" Tap Carrotsworth, the laid-back carrot with a radiant smile, isn't fazed. After hearing about a beauty contest, Tap immediately enters and is thrilled to show there's nothing wrong with looking different. But it's not as straightforward: Tap must first face the peculiar tests of the small but mighty blueberry queen. Even if he wins the acceptance of the queen, can Tap convince them all that wonky is perfect too?

ISBN-13: 978-1916455504 **Ages** not given | **Pages** 40

Right This Very Minute: A Table-to-Farm Book About Food and Farming by Lisl H Detlefsen

What's that you say? You're hungry? Right this very minute? Then you need a farmer. You have the stories of so many right here on your table! Award winners Lisl H. Detlefsen and Renee Kurilla's delicious celebration of food and farming is sure to inspire readers of all ages to learn more about where their food comes from–right this very minute!

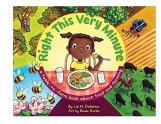
ISBN-13: 978-1948898003 **Ages** 4-8 | **Pages** 32

This Book Stinks!: Gross Garbage, Rotten Rubbish, and the Science of Trash by Sarah Flynn, published by National Geographic Kids

Get up close and personal with a wonderful world of waste. From composting and recycling, to landfills and dumps, to how creative people are finding new ways to reuse rubbish. It's fun to talk trash when it's jam-packed with infographics, thematic spreads, wow-worthy photos, sidebars, serious stats, and fabulous facts. Also included are quizzes and activities to inspire kids to take action, be proactive, and rethink the things we throw away. The book is divided into seven chapters: The Bin and Beyond, Trashing the Earth, All about Recycling, **Food (Waste) for Thought,** Dirty Work, The Future of Garbage, and Take Out the Trash.

ISBN-13: 978-1426327308 Ages 8-12 | Pages 128









Too Good to Waste by Storey Wertheimer and Cassandra Levy

Reed and Rose are twins who love to cook. Reed, a rambunctious boy, enjoys throwing leftover food scraps at his bedroom walls while his sister Rose is eager to clean, throwing away their excess food. But what they and many children don't realize is how much food they waste daily. When their mother introduces them to composting, they learn the power of protecting the environment--and so do you!

ISBN-13: 979-8620364695 Ages 4-8 | Pages 37

Wasteful Sam by Gilda Burket

What happened when Sam, a playful squirrel, went on an apple picking spree? What lesson do you think Sam learned? This is a book about farm animals in Pam's farm. The main character is Sam the squirrel who is very playful. Join Wasteful Sam on his extravagant apple picking adventure and find out what Sam learned.

ISBN-13: 979-8419726956 **Ages** 1-6 | **Pages** 24

When Good Fruit Goes Bad by Vernon D. Gibbs II and Steven T. Gray

Hank Huckleberry loves to sell fruit at his neighborhood grocery store where he is known for selling only the freshest and tastiest fruits and veggies around. But, what can he do when he walks into his store one morning, only to see that really some bad fruit have started to wreck the place and are making a fruity mess! Through this unusual encounter, and with some help from his good friend, a baker named Sarah Sweets, Hank learns about the value of all fruit no matter how they might look on the outside, along with lessons about reducing waste, eating healthy and finding the good in just about everything and everyone. And don't forget to visit ISBN-13: 978-1087859729 Ages 3-8 | Pages 36

When Good Fruit Goes Bad



