

VegNews media

Vegan Parenting

April 2012 Twitter Chat transcript

Wednesday, April 17 @ 6pm PST/9pm PST

Are you raising vegan kids, thinking about it, or just curious about what it takes to be a successful vegan parent? We're pulling together a panel of experts who will provide fascinating insight on this popular subject.

Special Guests: Mayim Bialik ([@missmayim](#)), Sayward Rebhal ([@BonzaiAphrodite](#)), and Jesse Miner ([@chefjesseminer](#)).

OFFICIAL TRANSCRIPT

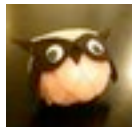
(beginning of chat starts at the end)



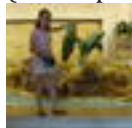
- [about 5 hours ago @Corinne Bowen @missmayim](#) we are all about meeting people where they are at. :) [#vegnewschat](#)



- [about 6 hours ago @BonzaiAphrodite @LaurenGinger @RaisingVegKids1 @NashVeggie](#) Sorry I missed the [#VegNewsChat](#)! Any talk of good books/movies for [#vegan](#) kids?



- [about 7 hours ago](#) RT [@missmayim](#): celebs "quitting" being vegan for untrue medical reasons ("can't pregnant") is very annoying. [#vegnewschat](#)



- [about 9 hours ago](#) RT [@peekababy](#): [@kbcountry37](#) what kinds of flavors do you like? There's such a wide range of veggies! [@missmayim #vegnewschat](#)



- [about 11 hours ago](#) RT [@VegNews](#) Learn more about Jesse and Ace in our Vegan Dads feature in the March+April issue (<http://t.co/4lqG6iy1>)! [#vegnewschat](#)



- [about 11 hours ago](#) RT [@VegNews](#) And for more on attachment parenting, be sure to read our latest interview with [@missmayim](#). <http://t.co/2zYBungm> [#vegnewschat](#)



- [about 13 hours ago](#) aw missed [#vegnewschat](#) with [@missmayim](#) because I was asleep.. Living in england has its downfalls!



- [about 14 hours ago](#) RT [@missmayim](#): A5: lunch: sprouted wheat bread, almond butter, jam. raw walnuts, almonds, raisins trailmix. water. tangerine. [#vegnewschat](#)



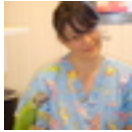
- [about 14 hours ago](#) RT [@missmayim](#): A12: i believe it's best for my sons' growing bodies to be vegan. abundant vitamins, minerals, ethics; all good! [#vegnewschat](#)



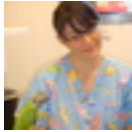
- [about 15 hours ago](#) RT [@VegNews](#): Q9: What do you think of the media coverage of vegan parenting? (Part 1 of 2) [#vegnewschat](#)



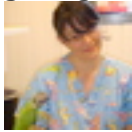
- [about 15 hours ago](#) RT [@missmayim](#): A5: lunch: sprouted wheat bread, almond butter, jam. raw walnuts, almonds, raisins trailmix. water. tangerine. [#vegnewschat](#)



- [about 16 hours ago](#) RT [@VegNews](#): Q5: What does an average lunch look like for your children? And what are their favorite foods? [#vegnewschat](#)



- [about 16 hours ago](#) RT [@VegNews](#): Q4: Speaking of vitamins, how do you ensure your kids are getting the right nutrition? [#vegnewschat](#)



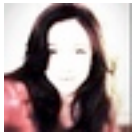
- [about 16 hours ago](#) RT [@VegNews](#): Such beautiful answers everyone! Now, let's talk about what kind of response you get from non-vegan parents. [#vegnewschat](#)



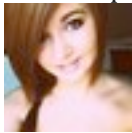
- [about 16 hours ago](#) Okay how did I not know [@VegNews](#) had a [#vegnewschat](#)???? [#vegan](#)



- [about 16 hours ago](#) RT [@theveganbee](#): [@VegNews](#) we are raising healthy kids who know where food comes from and why we don't eat animals. [#vegnewschat](#)



- [about 17 hours ago](#) RT [@BonzaiAphrodite](#): [@VegNews](#) A2: Veganism is founded on compassion, and compassion is the guiding light of motherhood. [#vegnewschat](#)



- [about 17 hours ago](#) RT [@missmayim](#): we do a simple multi (chewable!) and B12 once a week or so. that's all! 10 pills-yikes! [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) enjoyed the [#vegnewschat](#) thanks for coordinating the conversation!



- [about 17 hours ago @VegNews](#) A8 Our son's pediatrician isn't vegan but he respects our choice and simply doesn't question it. [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) thanks for the wonderful chat everyone! [#vegnewschat](#)



- [about 17 hours ago](#) Two books I need to order now! Beyond the Sling and Vegan Pregnancy Survival Guide! [@missmayim](#) [@bonzaiaphrodite](#) [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) A7 the kind life, the China study, forks over knives. Visiting a farm sanctuary [#vegnewschat](#)



- [about 17 hours ago](#) “[@missmayim](#) A9, it needs a spruce-up...i hope to be part of that soon. i'm just saying. :) [#vegnewschat](#)”



- [about 17 hours ago](#) Glad to represent vegan dads tonight! Contact me offline with any more questions you all might have! [#VegNewsChat](#)



- [about 17 hours ago](#) Starving, off to eat breakfast burritos with my fam. Good night to all, thanks again! [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) A6 our son loves to watch us cook everything but especially loves grabbing freshly cut veggies [#vegnewschat](#)



- [about 17 hours ago @chefjesseminer](#) yeah me too. NOT!!! :) [#vegnewschat](#)



- [about 17 hours ago](#) RT [@VegNews](#): And for more on attachment parenting, be sure to read our latest interview with [@missmayim](#). <http://t.co/o4Ph0M8M> [#vegnewschat](#)



- [about 17 hours ago](#) Learn more about Jesse and Ace in our Vegan Dads feature in the March+April issue (<http://t.co/p7XIlw3C>)! [#vegnewschat](#)



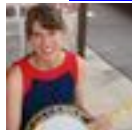
- [about 17 hours ago](#) Thanks! Hoping my toddler hasn't eaten ALL of the tofu & spinach lasagna & roasted asparagus while I was discussing parenting. [#VegNewsChat](#)



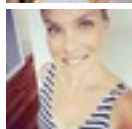
- [about 17 hours ago](#) Feel free to check out my website for more resources, tips and ideas: <http://t.co/IQW4KiQK> [#vegnewschat](#)



- [about 17 hours ago](#) And for more on attachment parenting, be sure to read our latest interview with [@missmayim](#). <http://t.co/P3VLxpMD> [#vegnewschat](#)



- [about 17 hours ago](#) [@missmayim](#) Thanks for taking the time to chat! [#vegnewschat](#)



- [about 17 hours ago](#) [@VegNews](#) Thank you!! Thank you my favourite vegan mums [@missmayim](#) and [@bonzaiaphrodite](#) [#vegnewschat](#)



- [about 17 hours ago](#) For more info, check out [@BonzaiAphrodite](#)'s moving piece on the connection between veganism & motherhood. <http://t.co/CIB8N8RI> [#vegnewschat](#)



- [about 17 hours ago](#) [@VegNews](#) A4 My son hasn't started solids yet but there'll be plenty leafy greens, grains, beans and nuts! [#vegnewschat](#)



- [about 17 hours ago](#) alright folks, bye for now. thank you VegNews for helping me be a confident vegan!!!! [#vegnewschat](#)



- [about 17 hours ago](#) [@VegNews](#) Thanks so much everyone, this was a blast! So glad to connect with other vegan parents & families [#vegnewschat](#)



- [about 17 hours ago](#) [@kimmckenzie19](#) err on the side of caution and bring your own food/be careful! [#vegnewschat](#)



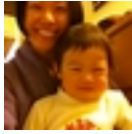
- [about 17 hours ago @VegNews](#) we are raising healthy kids who know where food comes from and why we don't eat animals. [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) I would LOVE that:) [#VegNewsChat](#)



- [about 17 hours ago @kimmckenzie19](#) monitor closely until they show an interest in learning how to tell. then keep it simple and monitor a bit more! [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) Yes! Even though I'm in the Bay Area, I feel so alone in this omni parenting world! [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) A3 My family isn't vegan but they've accepted my choice, I don't preach, only answer qs when asked. [#vegnewschat](#)



- [about 17 hours ago](#) Thanks everyone for participating, & a special thanks to our panel of experts [@missmayim](#), [@BonzaiAphrodite](#), & [@chefjesseminer](#)! [#vegnewschat](#)



- [about 17 hours ago](#) I should say they tell me something is vegetarian and when I further question, it isn't [#vegnewschat](#)



- [about 17 hours ago @Corinne Bowen](#) Maybe the parents here would like to start a monthly chat together as a community. [#vegnewschat](#)



- [about 17 hours ago](#) don't want this to end either but must make dinner: smoothies, OMEGA oil/ kale salad. NOT. how about leftover vegan thai. LOL [#vegnewschat](#)



- [about 17 hours ago](#) How do you help children understand from a young age what is and isn't vegan? I'm a vegtrn, but people often tell me it is but no [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) A2 Connection between veganism and parenthood is compassion. [#vegnewschat](#)



- [about 17 hours ago](#) Vegan DHA (omega-3) drops! - <http://t.co/JleZpxKF> [#vegnewschat](#)



- [about 17 hours ago](#) [@missmayim](#) I hear u on the in-laws. LOVE 'em, but they're not 100% on board w/ plant-based babes. Not easy, but getting better! [#VegNewsChat](#)



- [about 17 hours ago](#) Aww! MT [@chefjesseminer](#): Watching their adorable little bodies & minds grow, reflecting the love you put into raising them! [#vegnewschat](#)



- [about 17 hours ago](#) Q12: We are raising our child to do the right thing, despite ingrained societal pressures & "norms." [#vegnewschat](#)



- [about 17 hours ago](#) A12 Having a happy, active healthy child. Knowing that her food makes her strong and doesn't cause health problems. [#vegnewschat](#)



- [about 17 hours ago](#) [@VegNews](#) A1 I always knew I wanted to be a mom. My son is six months old now :-) [#vegnewschat](#)



- [about 17 hours ago](#) [@theveganbee](#) LOL forgot the omni in-laws. i love them, but december is the hardest month of my vegan year!!!! [#vegnewschat](#)



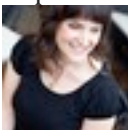
- [about 17 hours ago](#) A12: Just watching their adorable little bodies and minds grow, reflecting all of the love you put into raising them! [#VegNewsChat](#)



- [about 17 hours ago](#) [@VegNews](#) A12 We are just starting, but we feel happier not "eating pain". [#vegnewschat](#)



- [about 17 hours ago](#) [@VegNews](#) A12 Raising a compassionate son who will fully understand the impact that his food/lifestyle has on the world [#vegnewschat](#)



- [about 17 hours ago](#) [@VegNews](#) I don't want this chat to end! Community is so important. Need more vegan parent love + support:) [#VegNewsChat](#)



- [about 17 hours ago @VegNews](#) A12: Living my truth without having to make any qualifications when I explain the world to him. [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) traveling. eating on road and at omni family is impossible! [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) Thank you for this! More articles on vegan parenting please? [#vegnewschat](#)



- [about 17 hours ago](#) A12: i believe it's best for my sons' growing bodies to be vegan. abundant vitamins, minerals, ethics; all good! [#vegnewschat](#)



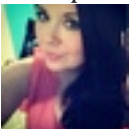
- [about 17 hours ago @SouperbeeLee](#) We have started with a gentler explanation about meat coming from animals, and we pet animals, not eat them. [#VegNewsChat](#)



- [about 17 hours ago](#) RT [@Corinne Bowen](#): This is a strong, helpful response to Planck's NYT article (thanks, [@choosingraw](#)!) <http://t.co/qWH92iXV> [#VegNewsChat](#)



- [about 17 hours ago @missmayim](#) your dedication to your family/career(s) is an inspiration - I'm not a parent, but a writer who can relate [#vegnewschat](#)



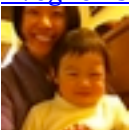
- [about 17 hours ago @missmayim](#) maybe suggest to those who don't have vegan Dr. to locate a Holistic Nutritionist. We are educated on pediatrics :) [#vegnewschat](#)



- [about 17 hours ago](#) Vegan Vitamin D3 Spray! - <http://t.co/r70CThCr> [#vegnewschat](#)



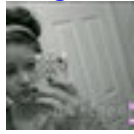
- [about 17 hours ago @missmayim](#) You're doing great! We're so thrilled you could join us. [#vegnewschat](#)



- [about 17 hours ago @chefjesseminer](#) Esp w/o traumatizing them w/ slaughterhouse reality or making omni friends seem evil. [#vegnewschat](#)



- [about 17 hours ago](#) Q12: What's the most rewarding thing about raising a vegan child? [#vegnewschat](#)



- [about 17 hours ago](#) RT [@missmayim](#): A11: we can't "stop anywhere" for a healthy satisfying bite on roadtrips. [#vegnewschat](#)



- [about 17 hours ago](#) We have 10 minutes left in our Vegan Parenting chat! [#vegnewschat](#)

- [about 17 hours ago](#) RT [@missmayim](#): celebs "quitting" being vegan for untrue medical reasons ("can't pregnant") is very annoying. [#vegnewschat](#)



- [about 17 hours ago](#) [@VegNews](#) I also stay up late and drink a lot of coffee. [#vegnewschat](#)



- [about 17 hours ago](#) RT [@Corinne Bowen](#): This is a strong, helpful response to Plancks NYT article (thanks, [@choosingraw](#)!) <http://t.co/P0a7X2V9> [#vegnewschat](#)



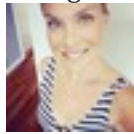
- [about 17 hours ago](#) A.10 I balance work and children by not sleeping. [#vegnewschat](#)



- [about 17 hours ago](#) A11: As we enter our toddler's major "why?" stage, the challenge is answering "why don't we eat meat?"! [#VegNewsChat](#)



- [about 17 hours ago](#) [@VegNews](#) A11: Hard to come up with something that's specifically related to veganism. [#vegnewschat](#)



- [about 17 hours ago](#) [@missmayim](#) Thank you! [#vegnewschat](#)



- [about 17 hours ago](#) global apology for being twitter-lame and not really knowing how to retweet etc. i hope no one is offended! [#vegnewschat](#)



- [about 17 hours ago](#) MT [@ScandiFoodie](#): mainstream media should b more concerned about kids eating too much sugar & junk than healthy vegan food! [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) left career b/c family was getting less time and attention. now a homeschooler. love it, just wish SAH payed off loans [#vegnewschat](#)



- [about 17 hours ago](#) This is a strong, helpful response to Planck's NYT article (thanks, [@choosingraw!](#)) <http://t.co/qWH92iXV> [#VegNewsChat](#)



- [about 17 hours ago](#) RT [@ScandiFoodie](#): I think the mainstream media should b more concerned about kids eating sugar, junk than healthy vegan food! [#vegnewschat](#)



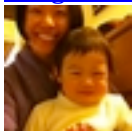
- [about 17 hours ago](#) A11: we can't "stop anywhere" for a healthy satisfying bite on roadtrips. [#vegnewschat](#)



- [about 17 hours ago](#) Right on ScandiFoodie! [#vegnewschat](#)



- [about 17 hours ago @ScandiFoodie](#) i think that's the truest thing i have heard all day! right on. [#vegnewschat](#)



- [about 17 hours ago @BonzaiAphrodite](#) Great pt! 1000s of chemicals, hormones, torture + murder v. possible lack of B12? I'll take B12!!! [#vegnewschat](#)



- [about 17 hours ago](#) Q11: What has been the biggest challenge in raising a vegan kid? [#vegnewschat](#)



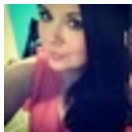
- [about 17 hours ago @pink_geek](#) omnis can and do have fine pregnancies but so can vegans! [#vegnewschat](#)



- [about 17 hours ago @missmayim](#) Agreed, and actually it sets us back and is detrimental. They do more harm than good. [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) I work when he sleeps. Is that balance? Is there such thing as balance with children? (I kid) (sort of) [#vegnewschat](#)



- [about 17 hours ago](#) [@missmayim](#) seems silly since hormones in meat and dairy would cause reproductive disruptions lol [#vegnewschat](#)



- [about 17 hours ago](#) [@LaurenGinger](#) We're glad you're enjoying it. Welcome! [#vegnewschat](#)



- [about 17 hours ago](#) A10: Late nights, weekends, nap times + some child care make it possible to work & spend a lot of time w/ babe. Worth it! [#VegNewsChat](#)



- [about 17 hours ago](#) A10: i am blessed to have a husband home bc i am the one working. i write late in the pm and early in the am! [#vegnewschat](#)



- [about 17 hours ago](#) [@VegNews](#) Q8. My sons doctor is not a vegan but she is very supportive of our choice to raise him vegan. [#vegnewschat](#)



- [about 17 hours ago](#) A10: We balance work and children with less sleep, more coffee and a nanny! [#VegNewsChat](#)



- [about 17 hours ago](#) celebs "quitting" being vegan for untrue medical reasons ("can't pregnant) is very annoying. [#vegnewschat](#)



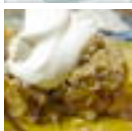
- [about 17 hours ago](#) Loving the [#VegNewsChat](#)!! My 16 month old is being raised vegan (and still breastfeeding) and is thriving!!



- [about 17 hours ago](#) [@SouperbeeLee](#) Doubt is normal, I think. Just part of parenting! If you fed your kids meat you'd probably doubt that too, eh? [#vegnewschat](#)



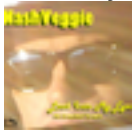
- [about 17 hours ago](#) Q10: How do you balance work and children? [#vegnewschat](#)



- [about 17 hours ago](#) [@ScandiFoodie](#) [@missmayim](#) homeschooling makes things a lot easier. but social situations can still be tricky. takes planning [#vegnewschat](#)



- [about 17 hours ago](#) I think overall coverage when it comes to veg*ns (especially parents) is definitely better than it was a few years ago.. [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) Our 6yo's doc says she's his healthiest patient. No issue w her being vegan at all. Her 1st doc felt dif. [#vegnewschat](#)



- [about 17 hours ago](#) A9: The more media coverage the better, though the piece in question starts with some questionable, at best, assumptions. [#VegNewsChat](#)



- [about 17 hours ago @BonzaiAphrodite](#) aw, shucks. :) thank you!! [#vegnewschat](#)



- [about 17 hours ago @BonzaiAphrodite @missmayim](#) Me three! [#VegNewsChat](#)



- [about 17 hours ago @ScandiFoodie](#) we still do a TON with non-vegan people! yes it's stressful...we provide alternatives and try to be prepared...! [#vegnewschat](#)



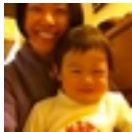
- [about 17 hours ago @missmayim](#) Me too! =D [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) frustrating b/c we are always on the defensive. omni parents aren't being constantly questioned for SAD food choices. [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) A9: I think mainstream media coverage of veganism in general tends to be polarizing and sensationalist. Bummer [#vegnewschat](#)



- [about 17 hours ago @Corinne Bowen](#) Totally. I started doubting myself and all the studies I'd read. [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) Planck's NYT article bothered me quite a bit [#VegNewsChat](#)



- [about 17 hours ago](#) We think you're doing a great job. RT [@missmayim](#): A9, it needs a spruce-up...i hope to be part of that soon. im just saying. :) [#vegnewschat](#)



- [about 17 hours ago @missmayim](#) I know you are home-schooling, but do you find social situations as a vegan parent challenging? [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) A8: 1st ped was veg but very traditional. Now we see a non-veg ped who's supportive of ALL our parenting decisions [#vegnewschat](#)



- [about 17 hours ago](#) Q9: (Part 2/2) such as [@nytimes](#) piece on Death by Veganism <http://t.co/ltEDxhV9> & [@emilydeschanel](#) discussing [#vegan](#) pregnancy. [#vegnewschat](#)



- [about 17 hours ago](#) A9, it needs a spruce-up...i hope to be part of that soon. i'm just saying. :) [#vegnewschat](#)



- [about 17 hours ago](#) A8: I randomly found our pediatrician at Mt. Sinai and she's great. She has absolutely no issues with a vegan diet at all. [#vegnewschat](#)



- [about 17 hours ago](#) Q9: What do you think of the media coverage of vegan parenting? (Part 1 of 2) [#vegnewschat](#)



- [about 17 hours ago](#) A8: Our pediatrician is not vegan, but he has been completely supportive in our intentions to raise our son vegan. [#VegNewsChat](#)



- [about 17 hours ago @VegNews](#) our ped isn't vegan but seems supportive. he never questions our choices [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) Raising Vegetarian Children is awesome. [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) Q8 My pediatrician is supportive. I purposely chose her because she is open to plant-based diets:) [#VegNewsChat](#)



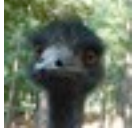
- [about 17 hours ago](#) A8, we see a vegan dr and it's something so helpful. i know most ppl dont have that option but i must say it's so amazing. [#vegnewschat](#)



- [about 17 hours ago](#) Tempeh Reubens = together time RT [@VegNews](#): Q6: What are your family's favorite dishes to make together? [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) A7: For raising the littles, Dr Fuhrman's "Disease-Proof Your Child" and also "Raising Vegetarian Children" [#vegnewschat](#)



- [about 17 hours ago @BonzaiAphrodite](#) right on, thanks! [#vegnewschat](#)



- [about 17 hours ago](#) I'm totally stealing the fruit face idea...once my seven month old is old enough! [#vegnewschat](#)



- [about 17 hours ago @kimmckenzie19](#) yes, <http://t.co/ezTVXKMt> has a few posts of my best food faces, including ones made on matzo for passover! [#vegnewschat](#)



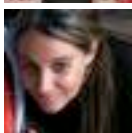
- [about 17 hours ago](#) Q8: Do your kids see vegan pediatricians? If not, how do they feel about your children being vegan? [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) A7: Pregnancy, obviously I'm biased - Vegan Pregnancy Survival Guide! [#vegnewschat](#)



- [about 17 hours ago @missmayim](#) I love the fruit faces you've posted before [#vegnewschat](#)



- [about 17 hours ago](#) Q7: I highly recommend the Vegan Lunchbox book series, Raising a Vegan in a Non-Vegan World, & Above All, Be Kind by Zoe Weil. [#vegnewschat](#)



- [about 17 hours ago](#) I'm getting so confused between the [#seedchat](#) and the [#vegnewschat](#). I was reading about seeds then all of a sudden something about pregnancy



- [about 17 hours ago @chefjesseminer](#) I just ordered "Vegan For Life" + "Becoming Vegan" today! Primarily to read up on vegan kids. [#VegNewsChat](#)



- [about 17 hours ago @missmayim](#) way to begin giving them body issues before age 6. Sheesh! [#vegnewschat](#)



- [about 17 hours ago @missmayim](#) agreed! we make a lot of cuppers around here [#vegnewschat](#)



- [about 17 hours ago](#) "fruit face" is where i make a face out of fruit and veggies and nuts. they eat stuff that way they never would otherwise! [#vegnewschat](#)



- [about 17 hours ago](#) Great idea! MT [@RaisingVegKids1](#): Be creative in your presentations of veggies/fruits...Pinterest is full of ideas. [#vegnewschat](#)



- [about 17 hours ago @missmayim](#) SO rude. I'm lacto-ovo &my my kids eat mostly that way. Mil complained that they're skin&bones. Kiddo has a 6-pack! [#vegnewschat](#)



- [about 17 hours ago](#) A7: "Vegan For Life" is my current favorite reference book: <http://t.co/SW4Dr0XE> [#VegNewsChat](#)



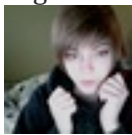
- [about 17 hours ago @Spoilerish](#) You can juice them too! They're delish that way. =) [#vegnewschat](#)



- [about 17 hours ago](#) We're impressed. RT [@BonzaiAphrodite](#) A6: GREEN JUICE! And green smoothies. My son adores the big appliances, ha! [#vegnewschat](#)



- [about 17 hours ago](#) A7: 'vegan cupcakes take over the world' is a must have book as a parent of a vegan kid!!! and kind diet of course. [#vegnewschat](#)



- [about 17 hours ago](#) RT [@missmayim](#): tons of fruit around, variety of veggies, raw nuts and nut butters. and tons of avocados on hand all the time! [#vegnewschat](#)



- [about 17 hours ago](#) Be creative in your presentations of veggies/fruits, there are so many ideas that kids will love...Pinterest is full of ideas. [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) A7 [@BonzaiAphrodite](#) Sayward's book! :) [#VegNewsChat](#)



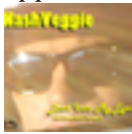
- [about 17 hours ago @kiki0271](#) not so hard. when i feel stressed by the limitations, i literally picture a factory farm and it feels SOOOO easy! [#vegnewschat](#)



- [about 17 hours ago](#) fave meals - vegan sushi rolls, chili and guacamole, pizza, collards with apple sage sausage and beans. taco night is fun! [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) A6: GREEN JUICE! And green smoothies. My son adores the big appliances, ha! [#vegnewschat](#)



- [about 17 hours ago @VegNews @VegNews](#) The kid and [@MrsNashveggie](#) are always baking something vegan together. The kid makes a mean pie crust! [#vegnewschat](#)



- [about 17 hours ago](#) Q7: What are some good books or resources that you would recommend on vegan parenting or pregnancy? [#vegnewschat](#)



- [about 17 hours ago @CrunchyandHappy](#) YES we love making vegan pizza as a family: they play with the dough, add sauce and pick toppings. fun! [#vegnewschat](#)



- [about 17 hours ago](#) RT [@missmayim](#): sometimes i felt like a cow when BFinng a teething baby!! (or pumping!) [#vegnewschat](#)



- [about 17 hours ago](#) lunch - soups, pasta dishes with veggies, beans/rice/veggies, lots of fruit , boca vegan chik patties (hangs head in shame) [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) Q5 Adverage lunch is a Tofurkey Sandwiche and grapes. My son LOVES grapes, bananas, and bread. [#vegnewschat](#)



- [about 17 hours ago @missmayim](#) how hard was it to become vegan? [#vegnewschat](#)



- [about 17 hours ago @kbcountry37](#) find veggies you like and expand. so if u like carrots, try other similar root veggies. and use fun dips! [#vegnewschat](#)



- [about 17 hours ago @KellyCVegan](#) Also an omega-3 source is super important! I like Deva brand liquid DHA [#vegnewschat](#)



- [about 17 hours ago](#) A6: Tofu scramble (she's only 20mo.) [#vegnewschat](#)



- [about 17 hours ago](#) A6: taco salad is fun to get help with by small hands. lots of small bowls for toppings etc, [#vegnewschat](#)



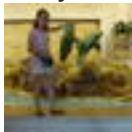
- [about 17 hours ago @missmayim](#) I hear ya:) It's good to get a recommendation first. [@woodstockfarm](#) and [@CASanctuary](#) are great! [#VegNewsChat](#)



- [about 17 hours ago @KellyCVegan](#) "Pure Advantage" B12 spray and D2 spray, Deva cal-mag-zinc in my almond milk recipe, "NOW" brand K2 in smoothies [#vegnewschat](#)



- [about 17 hours ago](#) A6: My son & I make healthy smoothies (he loves working the Vitamix!) & lately we also make overnight refrigerator oatmeal. [#VegNewsChat](#)



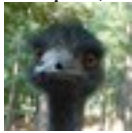
- [about 17 hours ago @missmayim](#) Is there any way I could help myself to start eating more veggies? I'm very picky. [#vegnewschat](#)



- [about 17 hours ago @VegNews](#) A6 vegan pizza! That way everyone can have whatever toppings that they choose :-)
[#vegnewschat](#)



- [about 17 hours ago](#) Q5: oatmeal, avocado, hummus, Amy's vegan mac & cheese, pasta, beans, rice, tempeh, PB & Jelly... [#vegnewschat](#)



- [about 17 hours ago @ScandiFoodie](#) Thanks! I hadn't thought of grating them into salads, but I will def give it a try! :) [#vegnewschat](#)



- [about 17 hours ago](#) RT [@missmayim](#): tons of fruit around, variety of veggies, raw nuts and nut butters. and tons of avocados on hand all the time! [#vegnewschat](#)



- [about 17 hours ago](#) [@kiki0271](#) cut out all trace dairy/eggs 3 yrs ago or so; the 4 yrs before that had mostly trace and some "non trace"... [#vegnewschat](#)



- [about 17 hours ago](#) [@VegNews](#) A5: Fave foods are OLIVES, plain tofu, frozen mango, fresh green vegetable juice, but it all changes weekly [#vegnewschat](#)



- [about 17 hours ago](#) “[@missmayim](#): A2: being vegan is simply how and who i am, so it's part of everything ..including being a mom! [#vegnewschat](#)” [@KathClemens](#)



- [about 17 hours ago](#) [@BonzaiAphrodite](#) Waits is my hero! Love the little bean xo [#vegnewschat](#)



- [about 17 hours ago](#) Q6: What are your family's favorite dishes to make together? [#vegnewschat](#)



- [about 17 hours ago](#) [@chefjesseminer](#) thanks I will look them up! [#VegNewsChat](#)



- [about 17 hours ago](#) [@VegNews](#) A5: Average lunch is a "grazer tray" with plain (his preference) beans, fruit, veggies, and olives (his obsession) [#vegnewschat](#)



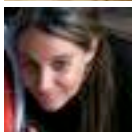
- [about 17 hours ago](#) [@Corinne Bowen](#) some farms can be a bit "heavy-handed" for certain skeptical omnivores. so tread lightly!!! :) [#vegnewschat](#)



- [about 17 hours ago](#) Love the dialogue happening on [#vegnewschat](#). I'm not a vegan but it's an interesting conversation.



- [about 17 hours ago](#) [@missmayim](#) when did you decide to become vegan? [#vegnewschat](#)



- [about 17 hours ago](#) [@Corinne Bowen](#) Agreed, my husband went vegan literally overnight after attending Farm Sanctuary's Hoe Down. [#vegnewschat](#)



- [about 17 hours ago @KellyCVegan](#) Our son takes Carlson Baby Ddrops, 400 iu per drop. [#VegNewsChat](#)



- [about 17 hours ago @VegNews](#) Our 6yo loves pb&j as any kid but takes fresh strawberries blueberries and pineapple to school as well as guacamole. [#vegnewschat](#)



- [about 17 hours ago @madfoot](#) TOTALLY lol [#vegnewschat](#)



- [about 17 hours ago @peekababy](#) i was told my breastmilk made them "too fat", now they're "too lean". Grrr indeed! [#vegnewschat](#)



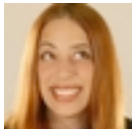
- [about 17 hours ago](#) "Pure Advantage" B12 is AWESOME for kids b/c it's a spray! [@Corinne Bowen](#) [#vegnewschat](#)



- [about 17 hours ago](#) We want that lunch! RT [@chefjesseminer](#) brown rice avocado maki w/ soy & wasabi, pickled cucumber & wakame salad & braised tofu. [#vegnewschat](#)



- [about 17 hours ago](#) my huz is omni but thinks its great to raise our kids vegan. he sees the health benefits. [#vegnewschat](#)



- [about 17 hours ago @missmayim](#) oh much more cowlke when it's a toddler, STANDING at the breast. [#moo](#) [#vegnewschat](#)



- [about 17 hours ago](#) RT [@missmayim](#): give hubby "eating animals" by safran foer LOL that did it for my husband. not kidding. [#vegnewschat](#)



- [about 17 hours ago @chefjesseminer](#) what brand vitamin d supplement do u use? I have been looking for one for my son. [#VegNewsChat](#)



- [about 17 hours ago](#) I also found that visiting farm animal sanctuaries helps to get the whole family on board. Seeing the animals has big impact. [#VegNewsChat](#)



- [about 18 hours ago](#) [@Spoilerish](#) Of course! Try them grated in salads with other veggies! [#vegnewschat](#)



- [about 18 hours ago](#) [#vegnewschat](#) Is all nutritional yeast [#vegan](#)?



- [about 18 hours ago](#) A5: lunch: sprouted wheat bread, almond butter, jam. raw walnuts, almonds, raisins trailmix. water. tangerine. [#vegnewschat](#)



- [about 18 hours ago](#) [@theveganbee](#) Aw, man, I wish we could grow avocados here in Virginia! [#vegnewschat](#)



- [about 18 hours ago](#) A5: Average lunch: brown rice avocado maki w/ soy & wasabi, pickled cucumber & wakame salad & braised tofu. We both love it! [#VegNewsChat](#)



- [about 18 hours ago](#) We love this idea! [@missmayim](#) give hubby "eating animals" by safran foer LOL that did it for my husband. not kidding. [#vegnewschat](#)



- [about 18 hours ago](#) [@missmayim](#) as if anyone should be commenting a child's size! Grrr. [#vegnewschat](#)



- [about 18 hours ago](#) [@BonzaiAphrodite](#) [@vegnews](#) what supplements do you use? [#VegNewsChat](#)



- [about 18 hours ago](#) a recent study said kids prefer a variety of colors/foods at one time, so fill an ice cube tray with stuff for kids to pick! [#vegnewschat](#)



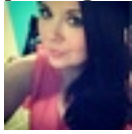
- [about 18 hours ago](#) [@Kim11Ward](#) My husband is omni, but very supportive. We have a vegan house, but he eats omni when we go to restaurants. [#VegNewsChat](#)



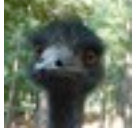
- [about 18 hours ago](#) give hubby "eating animals" by safran foer LOL that did it for my husband. not kidding. [#vegnewschat](#)



- [about 18 hours ago @caseyhenry @missmayim](#) YES! we go through A LOT around here and are putting in a tree to help keep up with demand [#vegnewschat](#)



- [about 18 hours ago @missmayim](#) I'm a Holistic Nutritionist and love Vegan lifestyles:) do you incorporate soy? Why/ why not? [#vegnewschat](#)



- [about 18 hours ago](#) heard beets have a ton of iron, but cooked beets lose their iron...is it even possible to eat beets raw(okay, is it palatable)? [#vegnewschat](#)



- [about 18 hours ago](#) Q5: What does an average lunch look like for your children? And what are their favorite foods? [#vegnewschat](#)



- [about 18 hours ago](#) if the spouse is omni it helps to have them on the same page and understand the benefits to raising the kids vegan. [#vegnewschat](#)



- [about 18 hours ago @Kim11Ward](#) My best advice is to talk and have a plan BEFOREhand. It can be tough but plenty of people make it work! [#vegnewschat](#)



- [about 18 hours ago](#) What brands of vitamins do you all buy? [#VegNewsChat](#)



- [about 18 hours ago @missmayim](#) I think I could live on avocados alone! [#vegnewschat](#)



- [about 18 hours ago @VegNews](#) A4. I make sure that he eats a variety of foods and I always pair something new with something that I know he likes. [#vegnewschat](#)



- [about 18 hours ago](#) A4: Our toddler gets proper nutrition from a wide variety of whole foods, fortified soy milk & a daily vitamin D supplement. [#VegNewsChat](#)



- [about 18 hours ago @VegNews](#) A4: Educate myself, offer variety, back up with supplements as needed (I'm not taking any chances!) [#vegnewschat](#)



- [about 18 hours ago](#) [@Kim11Ward](#) we had that...don't make hubby feel bad. keep boundaries for you. don't force him. my guy came around on his own!!! [#vegnewschat](#)



- [about 18 hours ago](#) Yum! MT [@missmayim](#): tons of fruit around, variety of veggies, raw nuts and nut butters. & tons of avocados on hand! [#vegnewschat](#)



- [about 18 hours ago](#) I think social situations are important to kids, so as parents we need to find creative veg alternatives for them. [#vegnewschat](#)



- [about 18 hours ago](#) [@VegNews](#) Nursing makes it easy the first year! Plus, daily multi-vitamin. Also, fortified oatmeal cereal. [#VegNewsChat](#)



- [about 18 hours ago](#) [@AnnaSeddon2](#) Lay a healthy foundation by providing a wide variety of whole foods at an early age for proper nutrition. [#VegNewsChat](#)



- [about 18 hours ago](#) tons of fruit around, variety of veggies, raw nuts and nut butters. and tons of avocados on hand all the time! [#vegnewschat](#)



- [about 18 hours ago](#) [@Kim11Ward](#) Good one!! [#vegnewschat](#)



- [about 18 hours ago](#) Thanks for the recipe [#vegnewschat](#)



- [about 18 hours ago](#) [@BonzaiAphrodite](#) Thanks! Checking it out ASAP:) [#VegNewsChat](#)



- [about 18 hours ago](#) [@SouperbeeLee](#) Thank you! It meant a lot to me to be able to share that story (thanks [@VegNews](#) !) [#vegnewschat](#)



- [about 18 hours ago](#) Any advice for having vegan kids with a non-vegan husband? [#vegnewschat](#)



- [about 18 hours ago](#) Q4: Speaking of vitamins, how do you ensure your kids are getting the right nutrition? [#vegnewschat](#)



- [about 18 hours ago @AnnaSeddon2](#) read VegNews, learn the facts, provide a ton of variety and don't stress [#vegnewschat](#)



- [about 18 hours ago](#) Here's my fortified almond milk recipe, [@Corinne Bowen](#) <http://t.co/pPyKsyzi> [#vegnewschat](#)



- [about 18 hours ago @CrunchyandHappy](#) (continued) so it's my job now to lay the groundwork. In the end I'll love him 100% no matter what. [#vegnewschat](#)



- [about 18 hours ago](#) sometimes i felt like a cow when BFing a teething baby!! (or pumping!) [#vegnewschat](#)



- [about 18 hours ago](#) some are a little critical, like we are making them miss out on things like burgers or junk food. [#vegnewschat](#)



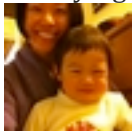
- [about 18 hours ago](#) Most parents are just impressed how that our son loves & eats all vegetables. Never get any comments questioning veganism! [#VegNewsChat](#)



- [about 18 hours ago @CrunchyandHappy](#) TO me it's the same as if my son will drink, smoke, etc. He will make his own choices some day (continued) [#vegnewschat](#)



- [about 18 hours ago @BonzaiAphrodite](#) I'm really glad u mentioned the smoothie & almond milk. I'm trying to figure out my plan! Babe is almost 1 yr [#VegNewsChat](#)



- [about 18 hours ago @BonzaiAphrodite](#) Loved the article. I have toddler, too, and often think about sad dairy cows when breastfeeding. [#vegnewschat](#)



- [about 18 hours ago](#) we tell our boys "this is how we eat, it's best for our family" and distract from bigger convos abt it! [#vegnewschat](#)



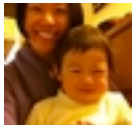
- [about 18 hours ago](#) some ppl are super snarky and say my kids are 'too small' bc they are lean and "average" height. can't please everyone! [#vegnewschat](#)



- [about 18 hours ago @VegNews](#) "What if he grows up and wants a hamburger?" [#vegnewschat](#)



- [about 18 hours ago @victoriazeliff](#) I put vitamins in our daily smoothie. I also do homemade almond milk and fortify it w/ cal-mag-zinc, plus B12 [#vegnewschat](#)



- [about 18 hours ago](#) Best way to "explain" to not yet reasoning 1 1/2 yr toddler why she can't eat meat/egg/etc like other kids at daycare? [#vegnewschat](#)



- [about 18 hours ago @RaisingVegKids1 @theveganbee](#) Makes perfect sense! [#vegnewschat](#)



- [about 18 hours ago](#) we do a simple multi (chewable!) and B12 once a week or so. that's all! 10 pills-yikes! [#vegnewschat](#)



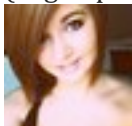
- [about 18 hours ago](#) Such beautiful answers everyone! Now, let's talk about what kind of response you get from non-vegan parents. [#vegnewschat](#)



- [about 18 hours ago @theveganbee](#) Well said. [#vegnewschat](#)



- [about 18 hours ago](#) also it makes them run fast and jump high says our pediatrician, jay gordon (vegan pediatricians rock) :) [#vegnewschat](#)



- [about 18 hours ago @missmayim](#) My mom has us take 10 vitamins a day(in pill form). Excessive?Or necessary?Do you have your kids swallow pills?How? [#vegnewschat](#)



- [about 18 hours ago @BonzaiAphrodite](#) That's not cheating! If you've got a line that good, use it everywhere! [#vegnewschat](#)



- [about 18 hours ago @Corinne Bowen](#) Couldn't agree more! [#vegnewschat](#)



- [about 18 hours ago](#) A2: Once you have kids you realize how important it is to pass on these values of kindness and compassion... [#vegnewschat](#)



- [about 18 hours ago](#) A2: I can't imagine raising our children in a way that didn't line up with my ethics. [#vegnewschat](#)



- [about 18 hours ago](#) I want my daughter to thrive and I believe a plant-based diet is essential to vibrant health. Also, kindness rocks. [#VegNewsChat](#)



- [about 18 hours ago](#) [@VegNews](#) Well I sort of cheated, that's from my recent VegNews article. ;-)
[#vegnewschat](#)



- [about 18 hours ago](#) [@BonzaiAphrodite](#) Love that! [#vegnewschat](#)



- [about 18 hours ago](#) Love! RT [@BonzaiAphrodite](#): [@VegNews](#) A2: Veganism is founded on compassion, and compassion is the guiding light of motherhood. [#vegnewschat](#)



- [about 18 hours ago](#) [@VegNews](#) A2: Veganism is founded on compassion, and compassion is the guiding light of motherhood. [#vegnewschat](#)



- [about 18 hours ago](#) A2: being vegan is simply how and who i am, so it's part of everything ..including being a mom! [#vegnewschat](#)



- [about 18 hours ago](#) I like the not rinsing idea. A good time saver, too! [#vegnewschat](#)



- [about 18 hours ago](#) Q2: In your opinion, what's the connection between veganism and parenthood? [#vegnewschat](#)



- [about 18 hours ago](#) hi everyone! [#vegnewschat](#)



- [about 18 hours ago](#) we do a B12 when we remember. and we don't rinse our fruits and veggies so some dirt remains lol [#vegnewschat](#)



- [about 18 hours ago @VegNews](#) A1: haha, starting out easy huh? Always knew I wanted kids, but when I got together with my husband, brain said BREED [#vegnewschat](#)



- [about 18 hours ago](#) A1: Family is incredibly important to me and my wife, and we are excited to share our passions with a new generation. [#VegNewsChat](#)



- [about 18 hours ago @missmayim](#) how do you deal with having enough vitamins often found in meat (b12, etc) do you take supplements? (love you btw) [#VegNewsChat](#)



- [about 18 hours ago](#) i meant A1...sorry! [#vegnewschat](#)



- [about 18 hours ago](#) Q2.practical physical expression of our union! [#vegnewschat](#)



- [about 18 hours ago @missmayim](#) hey everybody. [#vegnewschat](#) >>good evening. Thanks for setting this up.



- [about 18 hours ago](#) “[@missmayim](#): hey everybody. [#vegnewschat](#)” hi there. Hope u have had a good day. :)



- [about 18 hours ago](#) Let's get started talking about [#vegan](#) parenting! Q1: Why did you decide to have children? [#vegnewschat](#)



- [about 18 hours ago](#) Hello! Honored to be included! [#VegNewsChat](#)



- [about 18 hours ago @VegNews](#) Thanks! I'm so excited to be here! => [#vegnewschat](#)



- [about 18 hours ago](#) RT [@VegNews](#): Welcome to our Vegan Parenting chat with [@missmayim](#) [@chefesseminer](#) [@BonzaiAphrodite](#)! [#vegnewschat](#)



- [about 18 hours ago](#) hey everybody. [#vegnewschat](#)



- [about 18 hours ago](#) RT [@VegNews](#): Welcome to our Vegan Parenting chat with [@missmayim](#) [@chefjesseminer](#) [@BonzaiAphrodite](#)! [#vegnewschat](#)



- [about 18 hours ago](#) Welcome [@chefjesseminer](#), a [#vegan](#) personal chef, the VN columnist for High-Tech Chef, and father of 2-year-old Ace! [#vegnewschat](#)



- [about 18 hours ago](#) Who's live tweeting with [@missmayim](#) [#VegNewsChat](#)??



- [about 18 hours ago](#) Hello [@BonzaiAphrodite](#), author of the Vegan Pregnancy Survival Guide and the writer behind the popular blog Bonzai Aphrodite. [#vegnewschat](#)



- [about 18 hours ago](#) Welcome to our Vegan Parenting chat with [@missmayim](#) [@chefjesseminer](#) [@BonzaiAphrodite](#)! [#vegnewschat](#)



- [about 18 hours ago](#) Welcome [@missmayim](#), neuroscience PhD, star of [@BigBang CBS](#), and author of Beyond the Sling about attachment parenting! [#vegnewschat](#)



- [about 21 hours ago](#) RT [@jchenwriter](#): Perfect [#vegan](#) food for thought for our [#VegNewsChat](#) (tonight, 6pm PT) on vegan parenting by [@dreenabruton](#): <http://t.co/z97oQD04>



- [about 21 hours ago](#) Perfect [#vegan](#) food for thought for our [#VegNewsChat](#) (tonight, 6pm PT) on vegan parenting by [@dreenabruton](#): <http://t.co/z97oQD04>
-