



# The Zero Footprint Baby: How to Save the Planet While Raising a Healthy Baby

*Keya Chatterjee*

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In our culture, pregnancy, birth, and childrearing are deeply connected to consumption and resource use. From the baby shower to the minivan and the larger apartment or first house, the baby-raising years are the most hyper-consumptive of our lives, and can set a family on an unsustainable track for years to come.

*The Zero Footprint Baby: How to Save the Planet While Raising a Healthy Baby* shows how to raise a child with little to no carbon footprint. This timely book covers every issue new parents face, including pregnancy (what kind of birth has the lowest impact?); what to feed your baby (breastfeed, formula, or both?); childcare (who should take care of the baby, and how?); and of course, diapering. Using a mix of personal anecdotes, summarized research, and clear guidance on how to pursue the most sustainable baby-rearing options, environmental expert and new mom Keya Chatterjee has authored the ultimate resource for all new parents with green inclinations.

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