

# Forest Benefits

## Clean Air

Trees help produce the air we breathe by absorbing carbon dioxide and releasing oxygen during the process of photosynthesis. They also capture and cleanse harmful pollutants such as ozone, sulfur dioxide, nitrogen dioxide, carbon monoxide and particulate matter such as dust, pollen, smoke and heavy metals.<sup>V1</sup>



## Clean Water

Trees help regulate rates of erosion, sedimentation, and flooding by intercepting, absorbing and slowing the flow of precipitation. They also act as a natural filter, cleansing pollution from air, water and soil before it can reach lakes, rivers, and groundwater.<sup>V1</sup>

## Wildlife Habitat

Trees provide a source of food and shelter for birds, animals and insects. Located next to lakes and streams, they support aquatic life by providing cooling shade, structure in the form of fallen branches, and clean water. Many landowners strategically manage trees to enhance hunting, fishing and wildlife viewing.<sup>V1</sup>



## Healthy Soil

Trees anchor topsoil, add structure, and contribute nutrients and organic matter to improve soil health. They absorb and transform harmful substances that have entered the soil from human and animal wastes, agriculture, industry, vehicles and roads.<sup>V1</sup>



## Climate and Energy Regulation

Trees help to moderate temperature extremes and reduce indoor heating and cooling costs. In summer, they shade buildings and paved surfaces and cool the air by releasing moisture. In winter, they block cold wind winter winds, help to redirect snow, trap warm air around foundations, and allow the sun to warm buildings.<sup>V1</sup>

## Natural Hazards Mitigation

Trees reduce the risks and costs associated with flooding, high winds, heat and other natural hazards. They serve as a net carbon sink, reducing levels of greenhouse gases that warm the atmosphere and contribute to climate variability. Trees are a natural infrastructure that increases in size and value.<sup>V1</sup>

## Healthy People

Trees contribute to human health and wellness by providing opportunities for outdoor recreation and exercise, cover from ultraviolet radiation, and a source of food and medicine. Exposure to trees has been shown to reduce stress, increase concentration, and speed recovery times from illness.<sup>V1</sup>

## Vibrant Communities

Trees produce attractive sights, sounds and smells. They enhance the appearance of homes, businesses and communities, and contribute to increased property values. They can block undesirable views, direct pedestrian and vehicle traffic, enhance social interaction, and create a sense of safety.<sup>V1</sup>

## Economic Opportunity

Trees provide the raw materials – food, fuel, timber, and fiber – on which many industries thrive. Jobs related to forestry, logging, wood products manufacturing, paper and printing, construction, and tourism depend on trees. In commercial areas, trees attract residents and visitors and increase consumer spending.<sup>V1</sup>

