WHY PLANT A TREE?

Over 141 million acres of America’s forests are located right in our cities and towns. These “urban forests” come in many different forms, and include street trees as well as the trees in parks, gardens, and backyards. You can learn a lot about your community from looking at trees in the urban forest!

Trees and Forests...

- **Provide shade, helping to make cities cooler.**
- **Support our mental well-being and reduce stress, heart rate, blood pressure and incidence of obesity, asthma, and diabetes.**
- **Provide habitat for wildlife and help to conserve biodiversity and support species at risk.**
- **Contribute to community well-being.**
- **Support healthier cities by improving air quality and water filtration, and reducing stormwater runoff.**
- **Provide food for people and animals.**
- **Offer nature-based solutions to climate change, helping to sequester carbon.**
- **Provide food for people and animals.**
- **Promote safety and a sense of place.**
- **Provide jobs that support communities.**
- **Support us with wood for building materials and furniture.**
- **Promote outdoor recreation and social interaction.**

**PLANT TREES because they improve your life, your community, and your planet.**