

# How Trees Help the Planet



## Trees Reduce Carbon by:

- storing carbon in their trunks, branches, leaves and roots
- removing CO<sub>2</sub> from the atmosphere through photosynthesis
- sheltering buildings thereby reducing energy demands and CO<sub>2</sub> emissions
- absorbing carbon produced by automobiles
- storing carbon in wood-based by-products (paper, lumber and furniture)

## One Large, Healthy Tree can:

- lift up to 4,000 litres of water from the ground and release it into the air
- absorb as many as 7,000 dust particles per litre of air
- absorb 75 per cent of the CO<sub>2</sub> produced by the average car
- provide a day's oxygen for up to four people

## More Tree Facts:

- trees keep soil from washing away
- trees shade soil and protect it from drying out
- trees help absorb the noisy sounds of a city
- the average Canadian uses one 30-metre tree each year for lumber, plywood, particle board, cardboard and paper products
- an evergreen windbreak can create a 10 to 15 per cent savings on a home heating bill
- trees affect our emotions and make our homes and cities more appealing
- a view of trees can help hospital patients recover more quickly

**Can you find five additional ways that this tree is helping our planet?**

*See answers on page 39.*