GROWING TREES MAKE GREAT NEIGHBORHOODS

TREES CLEAN THE AIR

TREES CREATE JOBS

TREES REDUCE ENERGY COSTS

TREES MAKE PLAY AREAS

SCHOOL

Trees do more than just make our towns and cities look nice. They provide numerous benefits. Trees can...

MAKE US HEALTHIER AND SMARTER

1. Help us live longer

Green spaces help reduce health complaints which in turn adds years to our lives, helping us live longer.

2. Provide play areas for kids

Play is important for children. Trees and green spaces provide great areas for kids to play.

3. Make us go outside and walk more often

Having green spaces around us makes us feel like getting out and walking more, which is a great form of exercise. Being outside also helps us get fresh air that makes us feel less stressed and more relaxed.

4. Help us reduce stress

Research has show that just looking at trees helps to reduce stress within just a few minutes.

5. Help us concentrate

When we can see trees, we feel calmer. Being calm help us to concentrate and pay attention.

6. Help students improve grades and test scores

Research has shown that students who can see trees and greenery from their classroom windows tend to have better grades.

7. Shade us from the sun

Trees protect us from the sun on hot days, helping to cool us off and also by providing a screen which helps guard against sunburn.

8. Clean the air

Trees remove carbon dioxide from the air. They store the carbon in their trunks and branches and release oxygen for us to breathe.

9. Clean the water

Trees help clean our water by stopping dirt and chemicals flowing into our drinking water.

10. Reduce heat in cities

Cities are made up of buildings, roads and sidewalks, all things which absorb heat from the sun, making the city hotter. Trees provide shade and help keep our cities cool by shading buildings, roads and sidewalks, so that less heat is absorbed.

11. Reduce noise

Too much noise can make us feel more stressed and makes it tougher to concentrate and to get a good sleep.

Trees create a sound buffer and help to reduce noise pollution which can be helpful if our homes are near busy roads.

MAKE US SAFER

13. Slow down traffic

Trees near roads help slow down traffic by making the road appear as a street where people live and not a freeway. Slower traffic makes it safer for us to walk and also for other road users like bicycles.

14. Make places feel safer

Trees make us feel at home so we spend more time outside and walk more often. This also helps keeps us safe, as more people are out and about around us.

15. Reduce crime

In housing developments with gardens and trees, crime rates drop. Places with high levels of green space had less property crimes (break-ins, vandalism, etc) and less violent crimes than those surrounded by empty, open spaces.

16. Protect us from the rain

Trees can help us stay dry on a wet day by giving us a place to stay out of the rain. They also absorb a lot of water which is stored in their trunks and help reduce flooding.

HELP US SAVE AND MAKE MONEY

17. Save on heating and cooling costs

Having trees near your home can help keep your heating costs down. Trees can stop cold wind and air from reaching your home, making it warmer inside.

On a hot day a tree that can shade our home means we spend less money trying to keep cool. Trees should be planted on the sunny sides; the east, where the sun rises and the west, where the sun sets.

18. Create jobs

Trees create jobs of many skill levels and incomes. People can work in nurseries growing trees, have landscaping jobs, or work to keep trees safe and healthy. Other jobs with trees include working for a city or county as an arborist or urban forester.

19. Attract more customers

People enjoy shopping more when there is greenery about. In fact, people like to go to streets that are lined with trees, which is great for the businesses in the area.

To learn more about what trees can give us, visit our websites or follow us on social media.

caufc.org

investfromthegroundup.org