

#ItTakesAForest

FORESTS
ONTARIO

Forest Facts

ITTAKESAFOREST.CA

Forests are the centre of our lives. They supply the air we breathe, they clean our water, they provide habitat for animals, and they provide opportunities to enjoy nature. They also provide the wood products that make our lives better.

#ItTakesAForest to help fight climate change

As trees grow, they absorb **carbon dioxide (CO₂)** from the air, and **produce oxygen (O₂)** for us to breathe.

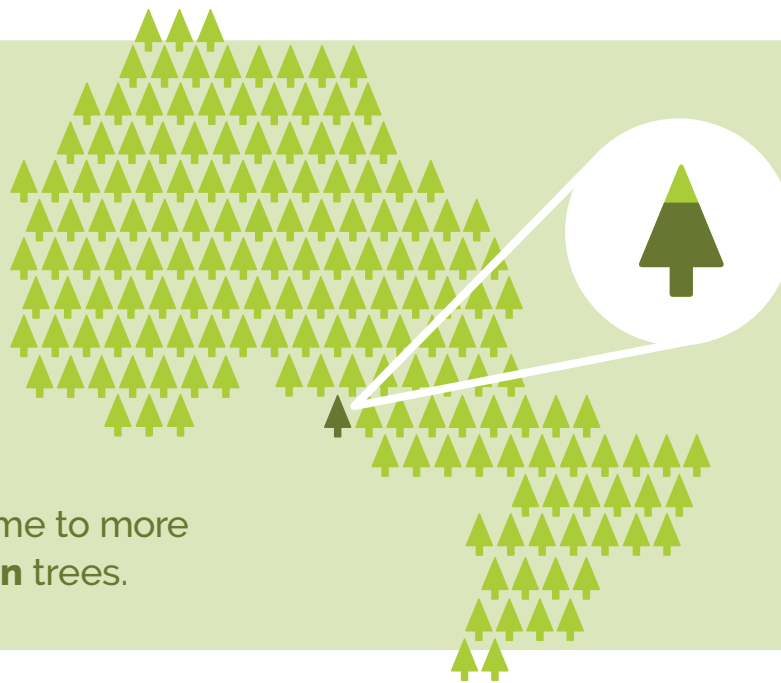
50% of an 80 year old tree is made up of **carbon (C)**.

Trees use CO₂ for growth. **Over 80 years**, the average Canadian tree absorbs **200 kg of CO₂**.

When trees are turned into **wood products**, they **lock up CO₂** beyond the life of the tree. The use of wood products combined with good forestry practices, is one of the best things we can do to **keep CO₂ out of the atmosphere**.

A wood-framed home stores the same amount of **carbon (C)** that is emitted by running the family car for **five years**.

Ontario is home to more than **85 billion** trees.

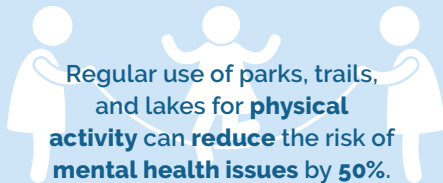


Less than **0.5%** of Ontario's provincial forests are **harvested** each year.

 = 500 million trees



Spending as little as **20 minutes** in nature **reduces** symptoms of ADHD.



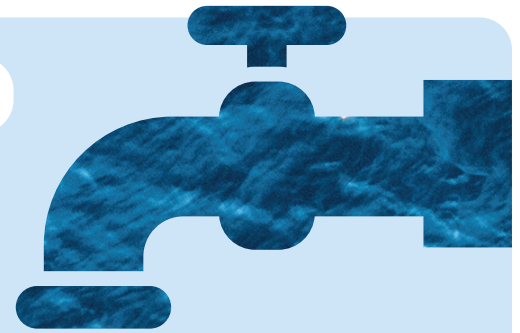
Regular use of parks, trails, and lakes for **physical activity** can **reduce** the risk of **mental health issues** by **50%**.

#ItTakesAForest to keep us healthy

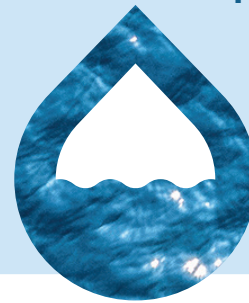
Asthma rates in young children are

25%

lower in areas with trees.



Healthy forests and their roots keep **water clean**.



Forests have been a source of inspiration for countless Canadian artists such as **Emily Carr**, **Tom Thompson**, and **Steve Driscoll**.



Wood is the material of choice where quality acoustics are important, such as **concert halls** and **auditoriums**.

Writing and **reading** on **paper** improves learning.



#ItTakesAForest to inspire our creativity