



Plant A Tree: Did You Know?

Breathing Easy

- A tree can absorb as much CO₂ in a year as a car produces. (<http://www.listfied.com/12-amazing-facts-about-trees-did-you-know>)

Nourishing the Environment

- Each tree you plant will provide oxygen for two people for the rest of their lives. (McAliney, Mike. Arguments for Land Conservation: Documentation and Information Sources for Land Resources Protection, Trust for Public Land, Sacramento, CA, December, 1993)
- Trees can induce rainfall by cooling the land and transpiring water into the sky from its leaves. An acre of maple trees can put as much as 20,000 gallons of water into the air each day. (<http://hellisconsultants.co.uk/funfacts.aspx>)
- In one year, an acre of trees can absorb as much carbon as is produced by a car driven up to 8,700 miles. (<http://www.treesaregood.org/funfacts/General.aspx>)

Increasing Efficiency

- Trees provide shade and shelter, reducing yearly heating and cooling costs by \$2.1 billion. (<http://www.treesaregood.com/pressrelease/press/contractingtreetwork.aspx>)
- Shade trees can make buildings up to 20 degrees cooler in the summer. (<http://www.fs.fed.us/psw/programs/cufr/>)

Impacting Your Pocketbook

- Over a 50-year lifetime, a tree generates \$31,250 worth of oxygen, provides \$62,000 worth of air pollution control, recycles \$37,500 worth of water, and controls \$31,250 worth of soil erosion. (USDA Forest Service Pamphlet #R1-92-100)

Not Just For The Birds

- *Relaxation:* Trees in the landscape relax people, lower heart rates, reduce stress and make people feel good. In fact, they also increase productivity at work, as workers are more productive when they see trees along their commute routes and from their office windows. (<http://www.fs.fed.us/na/morgantown/macucf/toolkit/StatisticsSheet.pdf>)
- *Peace and Quiet:* In some cases, a well-planted group of trees can reduce noise pollution by up to 10 decibels. (New Jersey Forest Service)
- *Health:* Hospital patients who have a view of trees heal faster, use fewer pain medications, and leave the hospital sooner than patients with a view of a brick wall. Patients with a view of trees spend 8 percent fewer days in the hospital. (<http://pubs.ext.vt.edu/420/420-181/420-181.html>)

Thanks to participants in the Plant a Tree program, Odwalla has donated more than 160,000 trees to state parks around the country.