



A FOREST'S JOB

IS NEVER DONE

Forests are alive and working 24 hours a day and 7 days a week. You should be very happy that they never stop working because you need something 24 hours a day and 7 days a week that they provide for you – the **OXYGEN** in the air that you breathe! One large tree can make enough oxygen in one day for 4 people.



# How YOU can HELP our FORESTS

**1. PLANT TREES.** Plant a tree in your yard or in a large pot on your porch, deck or patio.



**2. RECYCLE.** Collect paper and cardboard to recycle. Recycling conserves trees and other natural resources. Trees are a renewable resource



**3. SAVE ENERGY.** Turn off the lights when you leave a room. Saving energy cuts down on pollution. Pollution is harmful to forests.

**4. REDUCE WASTE.** Buy only things you need. Donate things you don't want, use or wear anymore. Reducing waste saves landfill space and saves trees from being used to make things we don't need.

**5. THINK ORGANIC.** Use organic and natural materials to control pests and weeds and keep soil healthy.



[www.fs.fed.us/learn/kids](http://www.fs.fed.us/learn/kids)



[www.plt.org](http://www.plt.org)



National Association of Conservation Districts

National Association of Conservation Districts (NACD)

[www.nacdnet.org](http://www.nacdnet.org)

Visit: <http://www.nacdnet.org/conservation-education-hub/> for the educators guide, and additional resources.

Visit: <http://www.iTreeTools.org> and <http://www.visitmyforest.org/resources> for additional resources.