

LET'S GET BOREAL: NATURE NEEDS YOU

LET'S GET BOREAL

The Boreal Forest covers more than **75%** of Manitoba's land and **half** of Canada's land, containing **25%** of the world's remaining original forests. The Boreal is home to many diverse wildlife, including songbirds, waterfowl, bears, moose, bison, wolves and the world's largest caribou herds. Canada's Boreal stores more freshwater in its wetlands and lakes and more carbon in its trees, soil and peat than anywhere else on the planet! The Boreal is home to many Indigenous communities, who have lived in harmony with the forest for thousands of years. It also supports jobs and contributes billions of dollars to the Canadian economy.¹ We need to work together to protect and conserve the boreal forest!



WHY IS THE BOREAL FOREST IMPORTANT?

- Home to Indigenous communities
- Helping us against climate change
- Relied on by wildlife such as polar bears, migratory birds, caribou, harbour seals, etc.
- One of the last large, intact forests in the world
- One of the largest sources of freshwater in the world
- Rich in natural resources

¹ Canadian Boreal Forest Conservation Framework

- Provides recreational space for Canadians to enjoy nature

WHAT ARE THE THREATS TO THE BOREAL FOREST?

- Logging
- Mining of peat moss
- Pipelines and development
- Mining of natural resources
- Oil and gas extraction
- Hydropower

NATURE NEEDS YOU

In order to protect the Boreal Forest, Canada needs more people spending time in nature and taking action against climate change. **Did you know that spending time in nature is good for you?**

- Reduces stress
- Vitamin D
- Improves concentration
- Reduces risk of disease
- Increases happiness
- Empathy
- Improves immunity
- Improves mental health
- Access to physical activity
- Improves sleep
- Time spent with friends and family
- And much more!**

HOW CAN YOU HELP?

There are many ways that **YOU** can help the boreal forest and take action against climate change:

- Spend time in nature
- Organize a school or neighbourhood clean up
- Plant a pollinator garden
- Support local food sources
- Remember your “r’s”: reduce, reuse, rethink, repurpose, refuse, and recycle
- Reduce plastic waste by using reusable containers, bags, cutlery, etc.
- Turn electronics and lights off when not in use
- Walk, bike, or take the bus instead of driving in a car
- Compost food waste
- Don’t support companies that cause environmental damage
- Let decision makers know that environmental protection is important to you
- Talk to people about climate change and how they can also help!

ABOUT CANADIAN PARKS AND WILDERNESS SOCIETY (CPAWS)

CPAWS is Canada's only nationwide charity dedicated solely to the protection of our public land and water, and ensuring our parks are managed to protect the nature within them. In the past 50+ years, we've played a lead role in protecting over half a million square kilometres!! Our vision is to protect at least half of our public land and ocean in a framework of reconciliation – for the benefit of both wildlife and humans. To learn more, visit www.cpawsemb.org.