

# What wetlands do for you

1

## **Provide clean drinking water**

Wetlands act as a filter, improving the quality of our drinking water.

2

## **Prevent flooding**

Wetlands can absorb large amounts of water runoff during a storm.

3

## **Stabilize the climate**

Much like forests, vegetated wetlands capture and store carbon, influencing local weather and contributing to climate stability.

4

## **Provide a home for animals and plants**

Healthy wetlands provide rich habitat for animals and plants and beautiful settings for recreation, relaxation and inspiration.

5

## **Act as a water bank**

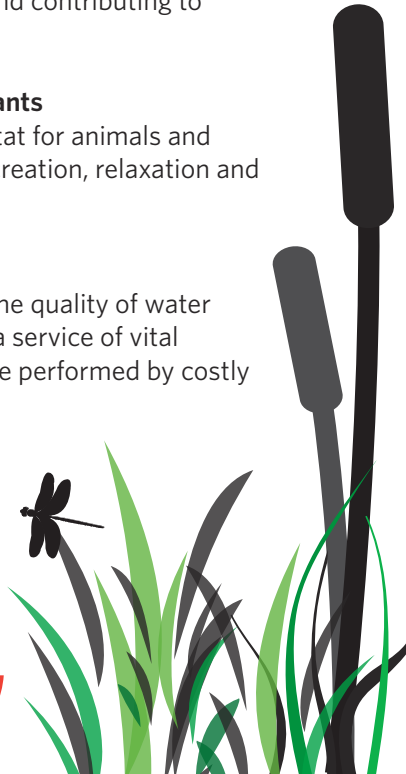
Wetlands store water and control the quality of water entering streams, rivers and lakes, a service of vital importance that would otherwise be performed by costly filtration plants.

Learn more at [davidsuzuki.org](http://davidsuzuki.org)



David  
Suzuki  
Foundation

**Vancity**  
Forum sponsor



# What you can do for wetlands

1

## **Enjoy local wetlands with your family and friends**

Spending time in nature is good for your health, and the more we appreciate and care about wetlands the more likely we are to help protect them.

2

## **Maintain natural vegetation around wetlands**

Native, water-loving plants keep wetlands healthy. Invasive plants, like knapweed, leafy spurge and oxeye daisy, can displace native plants.

3

## **Eliminate toxic chemicals**

Chemicals in many consumer products can pollute our water and are harmful to fish and wildlife. Garden pesticide-free, avoid anti-bacterial products with triclosan, and personal care products and home cleaners with fragrance.

4

## **Conserve water**

Lawn watering accounts for about 40 per cent of our total household water use. Install a rain barrel, mulch and plant native species. And, clean your driveway and sidewalk with a coarse broom to avoid wasting drinking water.

5

## **Tell your local government to protect and recover wetlands**

Your local government makes important development decisions that could harm wetlands. It also has the power to protect them.

Learn more at [davidsuzuki.org](http://davidsuzuki.org)



David  
Suzuki  
Foundation

**Vancity**

Forum sponsor

