How restoring forests benefits human well-being

- Intact forests
  - Canopy and litter layer protection; roots facilitate water infiltration
  - Improved soil water retention
  - Improved surface water quality
  - Reduced soil erosion

- Increased precipitation (cloud nucleation through transpiration)
- More forest foods (mushrooms, nuts) and products (timber)

- Improved food security and quality of life/health
- Less drought stress
- Less damage and costs
- Less flooding
- Improved soil fertility