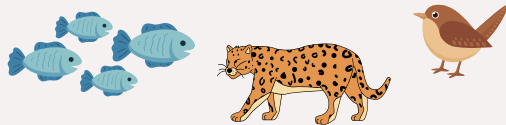




# The Benefits of Mangroves

Mangroves provide many benefits to humans, animals and ecosystems! Below, we outline some of these very important functions of mangrove wetlands.

## Shelter and Habitat



Mangroves provide safe homes for all sorts of aquatic and terrestrial creatures. The safe shelter created by these trees and their root systems attract many types of animals ranging from birds to fish to large mammals! They are also nursery grounds for juvenile marine life.

## Shoreline Protection



As coastal plants, mangroves are typically the first shore-based line of defense against storm surge and waves. Mangroves help reduce wave size by absorbing some of the wave's energy and acting as a natural barrier. Due to their web-like roots, red mangroves also provide drainage for flood water runoff and allow water that has been pushed inland to flow back out to open water.

## Carbon Sequestration



Mangroves are one of the most efficient ecosystems when it comes to storing carbon dioxide (carbon sequestration). They have the ability to store carbon not only in the living biomass but can also store large amounts in the surrounding sediment (peat).

## Clean Clear Water



Mangroves can filter excess nutrients and trap debris and sediment in their roots. Some of the nutrients is used by the tree for photosynthesis and the sediment helps to increase landmass. This helps improve water clarity in coastal waters.

## Tourism



Many people enjoy exploring mangrove wetlands, whether that be by kayak, foot or even snorkeling! The abundance of wildlife and clear water can attract hundreds of tourists each year and boost economies through eco-tourism.

## Erosion Prevention



Due to their extensive root systems, mangroves are able to trap and hold sediment, preventing it from being easily washed away by large waves and currents.