

# Nature-based Solutions protect biodiversity, restore ecosystems, and strengthen the connection between people and nature.

The health, wealth, and overall well-being of Pacific Island communities rely on the diverse benefits provided by thriving natural ecosystems. There are many actions we can take to champion nature for our wellbeing and resilience to climate change.



**Grow local food to support our health and wellbeing.** Urban vegetable gardens supply healthy food for our families, and are home to many species that keep our towns alive.



**Keep our towns green for our wellbeing.** Urban trees, parks and green spaces manage stormwater, reduce heat, and enhance air quality, improving living conditions in changing climate for all.



**Protect our waterways and our future.** Protecting forests upstream, restoring catchment, and planting native trees along the river edge keeps our water supplies clean and plenty for the health of our communities.



**Restore native coastal vegetation to protect our homes from storms.** In specific contexts, mixing the conservation and restoration of mangroves and coastal vegetation with hard infrastructure can protect us from flood and erosion while also providing clean air, fresh water, and nurseries for fish.

