



# One Shoreland at a Time: Restoring the Ribbon of Life

## WHAT ARE NATURE-BASED SOLUTIONS?

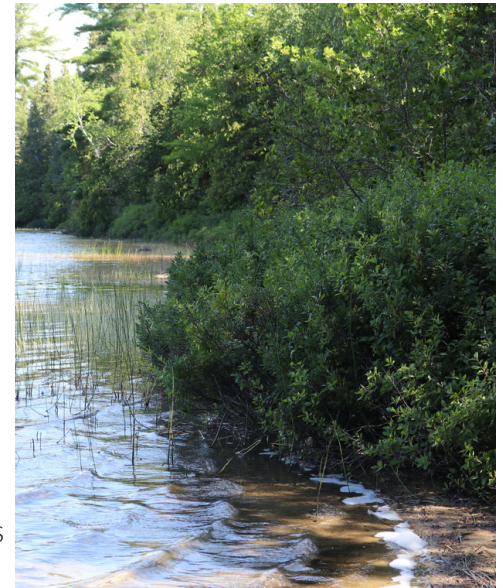
Nature-based solutions are strategic actions that can be taken to protect or restore terrestrial and aquatic ecosystems. The purpose of nature-based solutions are to address societal challenges while working with nature. This integrated approach helps combat climate change and biodiversity loss while supporting sustainable development. The benefits of nature-based solutions include supporting biodiversity, providing ecosystem services, and slowing further warming.

## CLIMATE CHANGE IMPACTS ON AQUATIC ECOSYSTEMS

- Frequent flooding and associated erosion
- Changes in habitat range and spawning seasons for wildlife
- Decreased water quality and algal blooms
- Changes in ice dynamics

## BENEFITS OF VEGETATED SHORELANDS

- Buffer against harmful pollutants
- Provide food and shelter for wildlife, including many at-risk species
- Contribute to the beauty and economic value of waterfront properties
- Mitigate erosion
- Protect freshwater ecosystems from the impacts of increased storms
- Are a nature-based solutions against the impacts of climate change



## ADDITIONAL RESOURCES

- Learn about [The Natural Edge](#) and use the free, Canada-wide [Native Plant Database](#) to naturalize your shoreline.
- Discover [free resources](#) for waterfront property owners, such as the “Guide to Preparing a Shoreline Naturalization Planting Plan”, “Shoreline Habitat Creation Manual”, “Guide to Building Resilient Shorelands”, “Wildflower Garden Guide”, and “Native Plant Care Guide”.
- Learn more about shoreland protection through the Freshwater Stewardship Community’s archive of [resources and webinars](#).
- Read a scientific [review article](#) by Seddon et al. to learn about nature-based solutions.

Join the free Freshwater Stewardship Community!  
[watersheds.ca/freshwater-stewardship](https://watersheds.ca/freshwater-stewardship)

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