

# Healthy Bats Need Healthy Forests

Bats are amazing animals that help keep our forests and farms healthy by eating insects. Trees and forests are very important habitat for bats. They use forests in many ways, such as resting (**roosting**) in trees, hunting for insects (**foraging**) and even sleeping through the winter (**hibernation**), which means protecting forests is an important way to protect bats. In the Eastern United States, there are fourteen bat species that commonly rely on trees each in their own way.

