

Stopping Junk Mail

Take a minute to think about the amount of junk mail you receive and how many resources it is consuming. The impact on the environment is staggering and wasteful. Over 100 million trees are taken down every year to be made into paper specifically for junk mail. The trees not only absorb billions of tons of carbon when they are in the forest but removing them from the forest and shipping all the paper produces more greenhouse gas emissions than 9 million cars. In addition, making and recycling paper requires water, 28 billion gallons each year goes down the drain for this industry. Then there is your time – hours every week wasted on sorting (and hopefully, recycling) information you don't even want in your house. Below are a few simple ways you can make changes to the junk mail you are receiving. From flyers to credit card offers, extra telephone books and catalogs you will never order from, there are a variety of sources you can limit. Until you do stop your junk mail, please make sure it goes into the Paper bin at the Transfer Station (not the household trash) and if you have curbside service – put it in the mixed paper bin.

Stop the Junk

1. Remove your name

DMA Choice - Direct Marketing Association
PO Box 643
Carmel, NY 10512
212-768-7277 x1500
www.dmachoice.org

2. Know the Magic Words

When filling out warranty cards, subscriptions, raffles, customer information cards, credit card applications, memberships for organizations....add
"please do not rent, sell or trade my name or address"

3. 1-800-NO-THANKS

Call the 1-800 number on the item you receive such as a catalog or magazine and ask to be removed from the mailing list.

4. Too many credit card offers?

Call 1-800-5-OPT-OUT (1-888-567-8688)

Online : www.optoutprescreen.com

For credit cards you want and use – you can ask to be put on the "in-house" list only so they won't share your information with other companies.

5. Stop unwanted catalogs

Remove your name from their lists!

Call the toll free numbers on the back of each catalog that you receive and don't want.

Online: www.catalogchoice.org you can select any catalogs you do not wish to receive.

6. Too many telephone books?

600,000 tons of telephone books are thrown in the trash every year. Make a call!

Yellow Book: 1800-929-3556

Verizon: 1-800-888-8848

Yellow Pages: www.yellowpagesoptout.com