



# Too much junk mail? Stop it at the source.

- ▶ **Catalog Choice**  
You decide which catalogs get in your mailbox.  
[www.catalogchoice.org](http://www.catalogchoice.org)
- ▶ **Direct Marketing Association**  
represents thousands of companies.  
[www.dmachoice.org](http://www.dmachoice.org)
- ▶ Like a catalog, but **get too many copies?**  
Contact customer service to reduce.
- ▶ If you get too many **credit offers**  
[www.OptOutPrescreen.com](http://www.OptOutPrescreen.com) or 1-888-567-8688
- ▶ **Mailbox Values (Red Plum)**  
[www.valassis.com](http://www.valassis.com) —click on *Contact Us*, then the *Add/Remove* button.
- ▶ **ValPak** [www.coxtarget.com](http://www.coxtarget.com) Click on *Contact Us* —removal link is at bottom of page.  
Or call 1-800-237-6266
- ▶ **Online bill pay** —sign up and switch to paperless statements.
- ▶ For **everything else**, send a postcard. Tell them you want your name removed from their list. Include any customer identification number found on the shipping label.

(These actions can take time. Allow six weeks to a few months)

## Why stop junk mail?

- ▶ **Hassle:** You spend 30 hours each year just handling junk mail (five minutes per day).
- ▶ **Energy:** One day's supply of junk mail contains the energy to heat 250,000 homes.
- ▶ **Resources:** 100 million trees are needed to produce one year's worth of junk mail.
- ▶ **Waste:** 5.8 million tons.

## Is there an easier way?

For a small fee, there are online services who can take many of these steps for you, and some that plant trees for your effort. For these services, search for solutions to junk mail online.

## Keep it from coming back.

- ▶ **Mailers sell and rent names.** Whenever you supply your name and address (warranty card, subscriptions, contests, etc) ask to be placed on a do-not-mail list.
- ▶ **By limiting the circulation** of your personal information, you're also securing your identity. You can often politely decline to give out sensitive information.

## Recycle what you have.

- ▶ **The demand for recyclable paper** is currently greater than the supply. Recyclers and manufacturers in Minnesota and the Midwest are looking for more paper, because they can't get enough of it! For tips on recycling paper visit [www.recyclemoreminnesota.org](http://www.recyclemoreminnesota.org)
- ▶ **Shredded mail can be recycled.** If you shred personal documents to protect yourself from theft, put the material in a paper bag and place it with your other recyclables.

To learn more about what you can do:

[www.reduce.org](http://www.reduce.org)