

Stop Junk Mail (and switch the rest to paperless!)



1. Set a goal of **ZERO unnecessary mail!** Many service providers and local utilities now offer paperless/email invoicing setup through their website. Also, consider options for automatic monthly payments from your credit card or bank and/or online bill pay through your bank to eliminate incoming and outgoing mail.
2. Contact the [Direct Marketing Association](#) to be removed from many companies' mass marketing mailing lists for up to five years.
3. Create a 'mail basket' to store all unwanted mail. Once a month, email or call the companies and ask to be removed from their mailing lists (toll-free area codes are 800, 888, 877, or 866). This is the most effective way to get off mailing lists. If there isn't an email or phone number but there is a postage-paid return envelope, tear off the mailing label and enclose it in the envelope along with a request to be removed from their mailing list. Mark envelope "ATTN: Customer Service".
4. Another approach for stopping mailings: if you see the phrases "return service requested", "forwarding service requested", "address service requested", or "change service requested", write "refused, return to sender" on the unopened envelope. Mail sent to "Resident," "Current Resident," or "Current Occupant" can also be refused if it contains one of the above endorsements, or is sent First Class.

5. To stop receiving unsolicited credit card and other credit related offers, opt-out permanently at www.optoutprescreen.com or by calling 1-888-5-OPTOUT. Learn more via the [Federal Trade Commission](#).
6. You can ask online to be removed from the following direct marketers: [Val-Pak Coupons](#) and [Valises](#). For Epsilon Data Services (Abacus Cooperative Databases), send an [email](#) with the word "remove" in the subject line and provide the exact name and address used in their mailings. To stop delivery of the Trader Joe's Fearless Flyer, go to their [Subscribe page, scroll down and click on "Unsubscribe me from the printed Fearless Flyer"](#)
7. In loose-leaf advertising fliers, look for opt-out information on the flier or on a separate postcard.
8. To stop delivery of yellow pages, look for instructions near the front of the book. You can opt-out online from receiving your local [AT&T](#) or [Dex](#) Yellow Pages.



9. Your credit card company probably sells your name the most often. Call and ask them to stop. Also make the same request of your bank and any other companies from which you purchase products or services on a regular basis (for example, companies who sell you magazines, phone service, and gas & electric service).
10. Product warranty cards are often used to collect information on your habits and income, for the sole purpose of targeting direct mail. They are not required in most situations - avoid sending them.
11. Avoid filling out "Contest" cards – these are almost always fishing expeditions for personal information.



12. Whenever you donate money or order a product or service, write in large letters: "Please do not sell my name or address". Most organizations will properly mark your name in their computer.
13. Switch to online news and magazines.
14. Share this 'Stop Junk Mail' information! When visiting family members or friends, offer to help get them off mailing lists, especially older adults.
15. If you would like help with reducing your junk mail, these organizations can be of service for free or for a small fee:
stopthejunkmail.com, 41pounds.org, PaperKarma, Catalog Choice, and us.junkmail.com

