

Stopping Junk Mail, etc.



Americans receive almost 4 million tons of junk mail every year – 19 billion catalogs alone are mailed to us yearly. Even if we all conscientiously recycle it, there is a tremendous strain on our planet's natural resources to create and send that mail in the first place. Also, the more junk mail that is printed with your name and sensitive data on it (credit card offers, e.g.), the more vulnerable you are to identity theft.

Conserve our planet's resources, reduce deforestation and carbon dioxide emissions, and avoid exposure to identity theft, by just saying "NO" to junk mail and other unwanted solicitations. Here are some ways to do it:

1. Register with the **DMA (Direct Marketing Association) Mail Preference Service** and ask for your name to be removed from mailing lists. **www.dmachoice.org**
2. Call: **1-888-5 OPTOUT** (1-888-567-8688) to stop credit card and insurance offers, or go to **www.optoutprescreen.com**
3. **www.catalogchoice.org** – free website to get you off catalog lists, phone books too.
4. To have a choice about **telemarketers**, connect with the **National Do Not Call Directory** at **www.donotcall.gov** or call **1-888-383-1222**
5. Resources with advice for **stopping unwanted solicitations in all categories**:
 - a. **www.ecocycle.org**
 - b. **www.obviously.com/junkmail**
 - c. **www.privacyrights.org**
6. **Junk mail services with fees.** Each one does different extra things such as: monitor your account, plant trees for each member, contribute to green causes:
 - a. **<http://www.tonic.com/cause/tonic-mailstopper/>**(formerly Green Dimes) - \$20/yr.
 - b. **www.41pounds.org** (the average American receives at least 41 pounds of junk mail a year) – cost: \$41/5 years
 - c. **www.stopthejunkmail.com** - \$19.95/yr
7. Sign up with **www.yellowpagesgoesgreen.com** to stop the delivery of **unwanted telephone books**, yellow and/or white pages.
8. **Be careful about giving out personal information** when making purchases, filling out warranties and membership applications, or donating to charities. **Write or say: Please do not rent, sell or trade my name or address.**

As junk mail companies often print their lists far in advance of their mailings, please know that it can take several months to see the full results of using any of these resources.