Steps To Reduce Unsolicited Mail

1. **Contact your existing creditors.** Use toll free numbers to contact your current credit card companies and request that they not distribute your name to any other organizations.

2. **Cancel catalogs by mail.** If you receive catalogs that you never requested, wish to discontinue, or duplicate copies, do all parties a favor and call the toll free ordering number and request that you be removed from the mailing list. Also, check the following website to remove your name from some catalog mailing lists: http://www.catalogchoice.org/

3. **Return postage paid envelopes.** If the solicitation comes in a postage paid envelope, send a note with your information and request that you be removed from their database. Caution: Please be gentle with non-profit and charitable groups, they still have to pay for postage on returned envelopes.

4. **Replying to warranties for products.** If you have received a product that has a warranty card, make sure you actually need to return it to activate the product warranty. If it is required for the warranty, fill out the card, but you may not want to provide additional demographic information that is asked in the form of a survey. This data may be used to establish new mailing lists according to the information that you have provided. Provide only necessary information that is vital to the warranty.

5. **Remove names from databases**
The businesses listed below sell your name and address to junk mailers. Write or call the following to request that your name and address be removed from their lists. When writing your request, include your name (and any variations), address, social security number, and signature. It may take a few weeks to see the reduction, but it will happen if you contact the following companies:

   - **TransUnion LLC’s**
     - TransUnion LLC’s Name Removal Option
       - P. O. Box 97328
       - Jackson, MS 39288-7328
       - 1-888-5-OPTOUT
       - 1-888-567-8688

   - **Experian**
     - Attn: Consumer Services Department
       - 901 West Bond
       - Lincoln, NB 68521

   - **Haines & Co.**
     - Criss-Cross Directory
       - 2382 E. Walnut Ave.
       - Fullerton, CA 92631
       - 1-800-843-8452

   - **Advo, Inc.**
     - One Targeting Centre
       - Windsor, CT 06095
       - 1-888-241-6760

   - **National Demographics & Lifestyles**
     - List Order Department
       - 1621 18th Street, #300
       - Denver, CO 80202-1294
       - 1-303-292-5000

   - **Direct Marketing Assoc.**
     - Mail Preference Service
       - P. O. Box 643
       - Carmel, NY 15012-0643

Want More Tips?

The following groups are organized specifically to reduce junk mail.

- **Stop Junk Mail Association**
  - 3020 Bridgeway, Suite 150
  - Sausalito, CA 95965
  - 1-800-827-5549

- **Junkbusters Corp**
  - PO Box 7034
  - Green Brook, NJ 08812
  - 908-753-7861
  - www.junkbusters.com/declare.html

- **Stop The Junk Mail Consumer Research Institute**
  - 103 Dryden Rd
  - Ithaca, NY 14850
  - www.stopjunk.com/

- **The Internet Consumer Recycling Guide**
  - http://www.obviously.com/junkmail/

This list is provided as public service and is not an endorsement of these companies or their services. Zero Waste Communities is not responsible for any errors or omissions in this listing.

Special thanks to Riverside County Waste Management Department for providing information for this brochure.
We all get it -- mail boxes loaded with catalogs, credit card applications and other unwanted mail. Tons of junk mail are thrown away daily. This waste uses up paper resources and energy. Though all of it can be recycled, most of it fills up our local landfills.

But how about reducing the amount of waste in the first place? While it is good to recycle, it’s **so much better** NOT to create the waste in the first place.

This brochure provides ways to reduce unsolicited mail and a few other places to find additional information. Also, check the ZWC website at [www.zerowastecommunities.org](http://www.zerowastecommunities.org) for additional help.