

~Island Heights Environmental Committee~

BANISHING JUNK MAIL

Here are ways to manage, control and stop junk mail:

- >Be selective in what businesses you give your address to.
- >Whenever you register for a conference, fill out a form of any sort, tell the organization not to sell, trade or rent your contact info. Online, check the privacy policy, to opt out.
- >Inundated with stuff from charities? Still want to support them? Donate anonymously online at www.networkforgood.org. This group will send your donation, but not your name and contact info, to organizations.
- >Warranty Cards: First, read the small print. Normally you do not have to send the card back. If you do, provide only your name, address & necessary facts about the purchase and date.
- >End unwanted offers: go to www.optoutprescreen.com or call 888-567-8688 to be removed from the major credit bureau's mailing lists for pre-approved credit card & insurance offers. Register online to opt out for 5 years or by mail to protect yourself permanently. You will be asked to provide your Social Security number & date of birth. This info helps to ensure that the request is processed, but it is not required.
- >Get off mailing lists: Direct Marketing Association (DMA) is a trade group for companies & nonprofits that send advertising mail. For \$1 per person, they will remove the names & address of everyone in your household from mailing lists for 3 years. Register at www.dmachoice.org/mps or write to Mail Preference Service, PO 643, Carmel, NY 10512. DMA says that this will reduce your unsolicited mail by up to 80%. This will not stop Valpak mailings.
- >Valpak mailings:
www.coxtarget.com/mailexpression/s/DisplayMailSuppressionForm
- >Subscription service: to have your name taken off of even more lists consider a subscription service. The group www.41pounds.org

(the average amount of junk mail an adult receives in the US each year) will contact dozens of direct-marketing organizations & catalog companies on your behalf. It will also register your name with the DMA. You will pay \$41 for 5 years. One-third of all profits goes to environmental & community organizations... you choose from a list when you register. www.greendimes.org will remove your name from direct-marketing mailings & catalog lists & will donate a portion of each \$15 subscription fee to tree-planting projects.

>Catalogs: www.catalogchoice.org will let you search for catalogs by name & cancel those you do not want to receive. IF you can not find your catalog, click on 'suggest a catalog' link OR contact the merchants directly. Note your customer ID number, apart of the address label.

>Phone orders: IF placing a phone order, tell the operator not to add your name to the mailing list (or sell, rent or trade your information).

>Online orders: when placing online orders check the opt-out box. IF there is none look for the customer service email and send the request.

** An important note: catalogs especially, have pertinent information on the label. Often it is best before recycling, rip off the address page and shred.

** Each household should have and use a shredder.

* this is an edited form of an article from Martha Stewart.com

