

Action 2-2. Reduce the amount of junk mail you receive 11/7/18

Junk Mail Reduction Services

There is a junk mail reduction services available that can save you time. www.paperkarma.com. It starts free but then is \$2.00/month or \$20 a year.

Do It Yourself

Prevent junk mail before it starts

When making donations, ordering items through the mail, or subscribing to a publication, include a note that instructs the organization or company to not lend, sell or trade your name to other mailing lists.

Reduce your current flow of junk mail

If you choose to write, your letters or postcards should include the following information:

Date:

I want to reduce the amount of unsolicited mail I receive. Please remove my name and address from your mailing list as listed below:

Name

Your address, Your city, Your state and zip code

Thank you. Your signature

(Be sure to include any variation of your name that you find on your unwanted mail)

Example:

Linda Ann Brown

Linda A. Brown

Linda Brown

L. A. Brown

L. Brown

Send separate cards for each person who receives unwanted mail at your address.

Companies to Contact

Direct Mail: The Direct Marketing Association (DMA) is the single largest provider of direct mail lists. There is no fee for online requests to be taken off their master list. Expect a \$1 fee when request is sent by mail.

<http://www.dmachoice.org/>

Direct Marketing Association

P.O. Box 643, Carmel, NY 10512

Direct Mail ads and coupons from Valassis and Red Plum (now called RetailMeNot) Unsubscribe here:

<https://www.redplum.com/tools/direct-mail-preferences>

Harte-Hanks Direct Marketing (Pennysaver)

Phone: (800) 422-4116

Harte-Hanks Direct Marketing

Attn: Consumer Preferences

c/o Pennysaver

2830 Orbiter Street, Brea, CA 92821

Val-Pak Savings Coupons - Val-Pak maintains regional lists, but not a central one. Send your request to the address printed on the envelope you receive. If you receive the blue envelope you can also remove your address from their website at:

<https://www.valpak.com/coupons/show/maillinglistsuppression>

Catalogs: CatalogChoice.org will remove your name from specific catalog lists for free. You can also contact the catalog company directly and tell them that you want your name taken off their list.

Credit Card Offers: The credit bureaus offer a toll-free number that enables you to “opt-out” of having pre-approved credit offers sent to you for five years. Call 1-888-5-OPTOUT (567-8688) or visit <http://www.optoutprescreen.com/> for more information.

Sweepstakes:

Publishers Clearinghouse: 1(800) 645-9242.

Two Ways that Won't Work

Refusing unsolicited mail

Writing “return to sender” or “refusal” only results in the USPS discarding it.

Returning junk mail postage due

Trying to get the attention of a company by returning your accumulated junk mail in an envelope with insufficient postage does not work.



