

Are you getting unwanted bulk mail that you wish to stop? These mass mailings, when added together, create 4 million tons of waste – approximately 90 million trees – per year. You can take several steps NOW to reduce unwanted mail.

Take advantage of postage paid return envelopes

Open all your mail, no matter how strong the desire is to recycle. Check to see if the company supplied you with a postage paid return envelope. If one is enclosed, take the address label with your name and mailing address on it and place it in the postage paid return envelope with a note to take you off their mailing list. It’s free and only takes a few minutes a week, but is guaranteed to reduce your mail.

Eliminate Credit Card Offers

To eliminate credit card offers, contact the major credit bureaus, Trans Union, Equifax, Experian and Innovis with one call to: 1-888-567-8688.

Other ways to reduce mail:

- When you buy a new product, don’t fill out the warranty card. They are solely a means of gathering names for direct-mail lists. You are covered by the manufacturer’s warranty whether the card is returned or not.
- When you order personal checks, consider leaving off your telephone number. Companies sell lists gleaned from the name and numbers on customers’ checks.
- Request that credit card, mail order companies and magazines you subscribe to not sell your name to other companies.
- Don’t give companies your telephone number to enter into their computer/cash register when you make a purchase. If you give them your phone number, more than likely you’ll be added to their mailing list.

Contact direct marketing companies (listed below) and ask to be removed from their mailing lists.

Direct Marketing Assoc. Mail Preference Service 1120 Ave. of the Americas New York, NY 10036	Request a “Name Removal Card” and then return it to them.
Equifax Systems, Inc. PO Box 740256 Atlanta, GA 30374-0256	Ask in writing that they remove your name from their direct-marketing file and request a copy of your credit report. On your credit report look for the section called “Promotions” or “Promo” or “Companies that Requested Your Credit Report”. Write each company and ask to be taken off their mailing lists.
Trans Union, Transmark, Inc. 555 West Adams Street Chicago, IL 60661	Request a “Name Removal Card” and then return it to them.
Target Marketing Services 1-800-353-0809	Request in writing to have your name placed on a suppress file list and also have your name removed from their reverse phone book publication.
Donnelly Marketing 1235 North Avenue Nevada, IA 50201	
Metro Mail Corp 901 West Bond Lincoln, NE 68521	

Haines & Co., Inc. Criss-Cross Dir 8050 Freedom Ave., NW N. Canton, OH 44720	
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Recycle the remainder of your mail!