
Green Tips

Not only is junk-mail annoying, but the junk-mail industry uses millions of trees and billions of gallons of water every year, and most of it ends up in landfills. That amounts to 4 million tons of wasted paper. This whole industry costs taxpayers over \$300,000,000 every year.

What can you do?

- Get off credit card company mailing lists. Call 1.888.567.8688 to stop receiving credit card company offers.
- Get off of catalog mailing lists. Whenever you make a catalog purchase, you are added to the Abacus mailing list. Send an email to **optout@abacus-us.com** with your name (and nicknames) and address. Do not send SSN or phone numbers to them or anyone else.
- To halt sexual-oriented material, visit a post office and fill out either a Form 2150 or 1500.
- Contact your bank, insurance company, credit card companies, and anyone else who have an account with. Ask them to refrain from sending you offers or better yet, try online bill-payment and account management.
- The most effective way to get off of junk mailing lists is to contact the marketing company directly, by phone (talk to a supervisor) or letter, and inform them that you would like to be removed from their mailing list. They are required by law to honor your request. Alternatively, you can sign up for the National Do Not Mail list. Another popular service is the Direct Marketing Association. Their service costs \$1 and can be submitted via form or online: (**www.dmaconsumers.org**). The Consumer's Research Institute (a private for-profit company) sells a Stop Junk Mail Ebook for \$10.95 with postcards you can print out and mail to the junk mail distributors: **www.stopjunk.com**
- Don't give out personal information. When buying items at a store, when telemarketers call, or when filling out information online.

source: <http://www.stopjunk.com/environment.html>

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