

# 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

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

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

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

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

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](http://www.junkbusters.com/declare.html)

Stop The Junk Mail  
Consumer Research Institute  
103 Dryden Rd  
Ithaca, NY 14850  
[www.stopjunk.com/](http://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.*

## ABOUT ZWC

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.



### Ancient History

The Zero Waste Communities of San Bernardino County (ZWC) is made up of 16 cities and the County of San Bernardino. These have partnered to educate their residents and businesses on waste reduction, reuse, and recycling. Reducing waste reduces greenhouse gas emissions, saves resources -- including energy, and ensures a better quality of life.

The group formed when Waste Disposal Agreements (WDAs) were signed by 16 cities to use only San Bernardino County landfill sites. The county provided funding for an outreach/education program for those cities with WDA agreements. Together, member agencies developed a public education committee called the "WDA committee."

"WDA Public Education Committee" is hard to explain to the general public, so the group became the "Zero Waste Communities of San Bernardino County," describing the long-term goal shared by all environmentally-focused cities and individuals.

Members of ZWC are:

Adelanto	Loma Linda
Apple Valley	Rialto
Barstow	San Bernardino City
Big Bear Lake	San Bernardino County
Colton	Twentynine Palms
Fontana	Victorville
Grand Terrace	Yucaipa
Hesperia	Yucca Valley
Highland	

## HOW TO REDUCE JUNK MAIL!



*A message from the*



**Zero Waste  
Communities of  
San Bernardino County**

[www.zerowastecommunities.org](http://www.zerowastecommunities.org)

**For more recycling information in  
Apple Valley, call 760-240-7521**