

Junk Mail

Why we care

Tired of having your mailbox crammed with ads and other mail you didn't ask for, like preapproved credit card applications? More than 75 billion pieces of unsolicited mail get dropped in mailboxes around the country each year – about 88 pounds for every household. You may diligently recycle all this junk mail, but reducing it would save a lot more trees.

Simple, positive change

The good news is that there are ways you can cut down on how much unsolicited mail you get.

- Contact the [Direct Marketing Association](#) to keep your name off member lists. Two dollars will keep you off for ten years.
- Call the sender and ask to be removed from its list.
- If junk mail is accompanied by a postage-paid envelope, fold up everything, place it in the return envelope, and mail it back.
- To prevent unwanted catalogs, use [Catalog Choice](#). And when ordering, tell how many you are willing to receive per year.
- To stop unwanted credit cards, contact major credit bureaus at 1-888-567-8688 or www.optoutprescreen.com.
- To prevent unwanted phone books at your doorstep, [opt out](#).
- If you contribute once a year to a charitable organization, ask it to send you only one donation request per year.
- Cancel all publications you don't have time to read. Share with someone else the ones you do read.
- Guard your name and address. Information on warranties or entry forms may go directly to a marketing firm. When filling out applications, subscriptions, or memberships, write "Please do not rent, sell, or trade my name or address."

Questions or feedback? Contact Jeanne Roy at jeanne@ecoschoolnetwork.org.