How to Reduce Your Junk Mail:

❖ Register on the National Do Not Mail List:
  o Go to: http://www.directmail.com/mail_preference/
  o Fill out required field and click SUBMIT

❖ Unsubscribe from ValPack:
  o Go to: https://www.valpak.com/coupons/show/mailinglistsupression
  o Enter information EXACTLY as printed on ValPack envelope and click SEND

❖ Cancel grocery store coupons and sign-up for e-coupons
  o Go to: https://www.redplum.com/tools/redplum-postal-addremove.html
  o Fill out required fields and click on Savings Newsletter for e-coupons

❖ Opt out of the Yellow Pages:
  o Go to: https://www.yellowpagesoptout.com
  o Enter your zip code and register to opt out

❖ Unsubscribe from SD Union Tribune Ads:
  o Go to: https://sites.google.com/site/stoputsandiegospam/
  o Follow the necessary steps on the site to unsubscribe

❖ Opt out of catalogs:
  o Go to: https://catalogchoice.org/
  o Click on CANCEL A CATALOG, then sign up to submit request

❖ To cancel credit and insurance offers:
  o Go to: https://www.optoutprescreen.com/
  o Click on: CLICK HERE TO OPT-IN OR OPT-OUT
  o Select PERMANENT OPT-OUT BY MAIL, fill out required fields and click CONFIRM