

How to Reduce Your Junk Mail

Register on the National Do Not Mail List:

- Go to: http://www.directmail.com/mail_preference/
- Fill out required field and click SUBMIT

Unsubscribe from ValPack:

- Go to: <https://www.valpak.com/coupons/show/maillinglistsuppression>
- Enter information EXACTLY as printed on ValPack envelope and click SEND

Cancel grocery store coupons and sign-up for e-coupons:

- Go to: <https://www.retailmenot.com/everyday/unsubscribe>
- Fill out required fields and click on Savings Newsletter for e-coupons

Opt out of the Yellow Pages:

- Go to: <https://www.yellowpagesoptout.com>
- Enter your zip code and register to opt out

Unsubscribe from SD Union Tribune Ads:

- Go to: <https://sites.google.com/site/stoputsandiegospam/>
- Follow the necessary steps on the site to unsubscribe

Opt out of catalogs:

- Go to: <https://catalogchoice.org/>
- Click on CANCEL A CATALOG, then sign up to submit request

To cancel credit and insurance offers:

- Go to: <https://www.optoutprescreen.com>
- Click on: CLICK HERE TO OPT-IN OR OPT-OUT
- Select PERMANENT OPT-OUT BY MAIL, fill out required fields and click CONFIRM

