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/mailinglistsuppression
• 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