

Stop Unwanted Mail



Americans receive almost 2 million tons of junk mail each year; about half is never even read. To cut back on this waste of paper and landfill space, reduce the amount of junk mail you receive.

Step 1

When donating money, entering a contest, sending in a warranty card or purchasing something through the mail write “no mailing lists” on your check or money order.

Step 2

Call the toll-free numbers on unwanted catalogs and ask to be removed from their mailings lists. Ask to be sent fewer catalogs of the ones you do want.

Step 3

Go to www.dmachoice.org

Click where it says: “DMA Choice – DMA’s Suite of Preferences Services”

Then click “How to remove your name from mailing lists”

The Direct Marketing Association will remove your name from national mailing lists. Magazine subscriptions and catalogs you order from will not be affected. Keep a stack of catalogs you enjoy receiving buy don’t order from and call their toll-free numbers to stay on their mailing lists. Be sure to tell them not to give your name to other businesses.

Step 4

Write to other mailing list brokers and companies that use direct mail. Ask them to remove your name from their lists, and your address from “Resident / “Occupant” lists. Some places to try:

Donnelly Marketing, Inc.

Database Operations
1235 North Avenue
Nevada, IA 50201-1419

Metromail Corporation

List Maintenance
901 W. Bond
Lincoln, NE 68521
(800) 873-7655

ADVO, Inc.

List Service Supervisor
239 W. Service Road
Hartford, CT 06120
In Indiana: (219) 233-2386

Val-Pack Direct Marketing

Postal Affairs
1840 Aerojet Way N.
Las Vegas, NV 89030

Harte Hanks Direct Marketing

List Maintenance
100 Alco Place
Baltimore, MD 21227-2090

Be sure to include all variations of your name, including alternate spellings, when you write.