

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/maillinglistsupression>
- Enter information EXACTLY as printed on ValPack envelope
- Click SEND

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

- Go to: <https://www.redplum.com/tools/redplum-postal-addremove.html>
- Fill out required fields
- Click on Savings Newsletter for e-coupons

❖ 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

