

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 and click **SEND**

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

- Go to: <https://www.redplum.com/tools/redplum-postal-addressremove.html>
- 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**

