

Reduce Junk Mail & Catalogs

*Take back your mailbox and time
(and save a few trees in the process).*

*It's easy to reduce the amount of mail and catalogs that you get.
Go a step further and help someone else reduce their junk mail too!*

1

Junk Mail

Reduce the Amount Delivered

- DMA choice: www.dmachoice.org
- Opt Out Prescreen: www.optoutprescreen.com
- Pro Quo: www.proquo.com

2

Catalogs

Reduce the Amount Delivered

Call or email the company to ask to be removed from their mailing list

Get Off Many at One Time

- Catalog Choice: www.catalogchoice.org (free)
- 41 Pounds: www.41pounds.org (\$41 for 5 years)
- Green Dimes: www.greendimes.com (free - \$20)



THE UNIVERSITY of NORTH CAROLINA
GREENSBORO
Office of Sustainability

