



# HOW TO STOP JUNK MAIL

Save trees and time by opting out of unwanted mail.

## MASS MAILING LISTS:

[www.dmachoice.org](http://www.dmachoice.org) or 212-768-7277 x 1500

## CATALOGS:

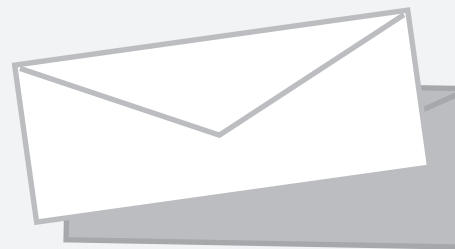
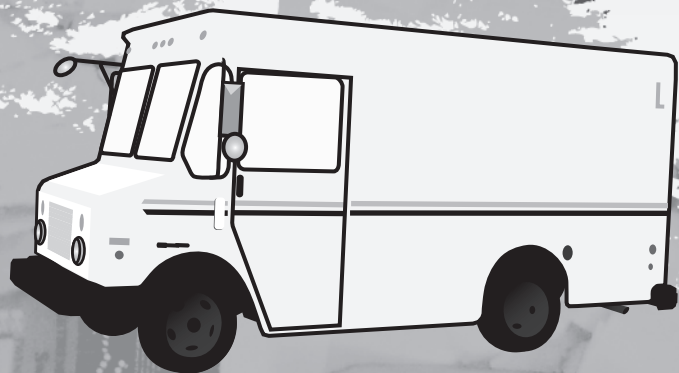
[www.catalogchoice.org](http://www.catalogchoice.org)

## CREDIT CARD & INSURANCE OFFERS:

[www.optoutprescreen.com](http://www.optoutprescreen.com) or 1-888-5-OPTOUT

## PHONE BOOKS:

[www.yellowpagesoptout.com](http://www.yellowpagesoptout.com)



Please Recycle! Phone books, catalogs, windowed envelopes, postcards, coupons and other paper items should be placed in your paper recycling bin. For more tips visit [WWW.GROWNOCY.ORG/RECYCLE](http://WWW.GROWNOCY.ORG/RECYCLE).