

## Reduce Waste: No-cost suggestions

### *Reduce / Manage Mail*

<b>DirectMail.com National Do Not Mail List</b>	Register for free to remove your name from mailing lists: <a href="http://www.directmail.com/directory/mail_preference/">www.directmail.com/directory/mail_preference/</a>
<b>The Direct Marketing Association</b>	Offers a no-cost online tool DMAchoice™ to help you manage mail: <a href="http://www.dmachoice.org/">www.dmachoice.org/</a> Contact The Direct Marketing Association by phone (212) 768-7277, ext. 1500 or by mail: Direct Marketing Association, Inc., 1120 Avenue of the Americas, New York NY 10036-6700
<b>Catalog Choice</b>	Offers a free online service option to control the catalogs, coupons, credit offers, phone books, fliers, circulars, newsletters, and other unsolicited mail you receive. <a href="http://www.catalogchoice.org/">www.catalogchoice.org/</a>

### *Eliminate Unwanted Phone Books*

Opt to save resources by phoning the numbers listed below (or contact via email) in order to request that your address be removed from phone book delivery lists:

<b>Yellow Book:</b>	1-800-929-3556
<b>Yellow Pages</b>	<a href="http://www.yellowpagesoptout.com">www.yellowpagesoptout.com</a>
<b>DEX:</b>	1-877-243-8339
<b>Verizon</b>	1-800-888-8448 or <a href="http://www.supermedia.com/directoryoptout">www.supermedia.com/directoryoptout</a>

### *Related Links:*

Illinois EPA Green Tips <http://www.epa.state.il.us/citizens/green-tips.html>  
US EPA Reduce and Reuse <http://www.epa.gov/epawaste/conserves/rrr/reduce.htm>  
US EPA Wastewise <http://www.epa.gov/epawaste/partnerships/wastewise/about.htm>