



# JUNK MAIL



# AWARENESS WEEK

The first week of October



Junk mail and spam emails not only clutter your mailboxes, but also contribute to CO<sub>2</sub> emissions.

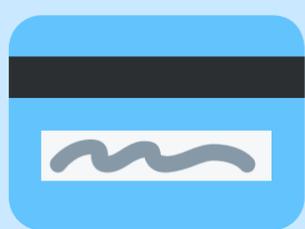


On average Americans receive 560 pieces of unwanted mail per year. This mail then enters our waste stream.

Spam filtering saves 135 billion kilowatt hours of electricity per year. That is equivalent to taking 13 million cars off the road!



Combating junk mail saves trees, time, money and energy! The following suggestions are easy ways to celebrate Junk Mail Awareness Week:



Remove your name from credit card and insurance mailings.

Contact retailers and mailers and ask them to remove your name from lists for catalogs or contests.



When purchasing online or subscribing, check the box that says, "Please do not rent, sell or trade my name or address." No box? Make the request by phone, e-mail or letter.

To learn more about reducing junk mail visit: [www.nj.gov/dep/dshw/recycling/source](http://www.nj.gov/dep/dshw/recycling/source)

