

Say "no" to junk mail online

Metro and Catalog Choice offer a free, easy online service to help stop the waste of unwanted phone books, catalogs and mail.

<https://oregonmetro.catalogchoice.org>



Metro | *From Metro and local partners*



Stop junk mail before it starts

- Ask companies you've done business with, organizations you've donated to, and anyone who sends you a bill not to sell or exchange your address.
- If you move, directly contact everyone yourself instead of submitting the post office change of address form. Otherwise, junk mail can follow you to your new address.
- Don't submit product registration cards.
- Don't use a store's "buyer's club" card when making purchases.
- Avoid participating in sweepstakes or contests unless you are able to prevent your information from being shared. Look for disclosure notices in the sweepstakes and contest literature.
- List only your telephone number in your local directory, or choose to be unlisted.



Prefer to opt out offline? For a kit that helps you say no to junk mail one phone call or postcard at a time, call Metro's recycling hotline at 503-234-3000 or visit www.oregonmetro.gov/junkmail.