



Do You Get Too Much Junk Mail?

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[Division of Solid & Hazardous Materials](#)
[Waste Reduction & Recycling Program](#)

To most folks, any junk mail is too much. If your mailbox at home or work is overflowing with unwanted solicitations, advertisements and other literature, you have probably wondered what you can do about it.



How to Reduce Junk Mail

Write to:

Direct Marketing Association
P.O. Box 9009
Farmingdale, NY 11735-9008

Ask them to take your name off unwanted mailing lists. Make sure to provide them with all the different variations of your name under which you receive junk mail.

Be patient – it will take a few months before any relief is realized. You should also send an additional request to them every few years or so, as your name gets put on more lists.

- Contact the companies that send you unwanted mail and tell them to remove your name from their mailing lists.
- Don't sign up for information that you really don't want.
- If you subscribe to a magazine, book club or other publication, call or write to tell them not to give your name to other companies.

How to Recycle Junk Mail

Junk mail can be recycled into paperboard and tissue products – items that you use every day. Many communities in New York State recycle unwanted junk mail. You may want to contact your local [Recycling Coordinator](#) or DEC for more information.

NYSDEC
Bureau of Waste Reduction and Recycling
625 Broadway
Albany, NY 12233-7253
(518) 402-8704
E-mail: dshmwrr@gw.dec.state.ny.us

[Back to top of page](#)