

JUNK MAIL DIET

REDUCING JUNK MAIL



This year, you will spend about 16 hours—or the equivalent of two working days—sorting through your junk mail and only opening a little more than half. This Earth Action will help you avoid having most of this junk mail sent to you in the first place. Enjoy the extra time!

EARTH ACTION

- To reduce junk mail, visit one of these websites, which offer various options for having your name removed from direct marketing lists: www.greendimes.com; www.dmchoice.org/MPS/mps_consumer_description.php; <http://www.newdream.org/junkmail/>. This should eliminate most of your junk mail.
- Contact those companies whose catalogs you still want and make them aware your name is listed with the Mail Preference Service. Ask them to keep your name on their “in-house” list only and not to sell your name to other companies.
- Above your address label on the junk mail you do receive, write a message stating that you would like to be taken off the company’s mailing list. You can return your message in the company’s own self-addressed, postage-paid envelope.
- Ask your post office not to put advertising circulars in your mailbox or post office box. Be diligent. Write the local postmaster if necessary.
- Recycle whatever junk mail you do receive, and use the blank backs of pages as scrap paper.

MATERIALS

- Stamps and envelopes, if not provided.

TIME

- A few minutes each time you collect the mail until you’re only getting the mail you want.
- It is recommended that you do this every six months.

RESOURCE SAVINGS

If you eliminate all the junk mail you receive in a year, you can lessen the demand for one and a half trees being used and save resources needed to manage the waste. That’s “f-i-r-s-t c-l-a-s-s!”



BETTER A SWEATER

TURNING DOWN THE THERMOSTAT



During cold weather, many people set the thermostat a little warmer than it needs to be. You can turn down the thermostat a little, still be comfortable, and make a big difference, since home heating accounts for over a quarter of your energy bill! This Earth Action will show you one of the simplest ways to save a great deal of energy and money, and if you are using fossil fuels, improve air quality.

RESOURCE SAVINGS

You save energy and money, and if your heating system uses fossil fuels, you improve air quality and reduce global warming. You are making a difference in our world!

EARTH ACTION

- Call a meeting of your household. Ask for their cooperation. Agree on temperature settings and guidelines.
- During the day when people are home, set your thermostat at “sweater” temperature: somewhere between 65° F and 68° F.
- Before going to bed at night or when every one is out of the house, set the thermostat to “blanket” temperature: between 55° F and 58° F.

NOTE: Consider installing a programmable thermostat so you make sure the heat is always at the temperature you wish. This can reduce your heating bill by up to 20%. Look for an Energy Star® model.

MATERIALS

- Sweater or sweatshirt, warm blanket, programmable thermostat.

TIME

- A few minutes for the meeting; a few hours to purchase and install a programmable thermostat and a few seconds to set the thermostat.

