

To: MEDIALIST@LISTSERV.GSA.GOV

Subject: Get Winter Consumer Information Catalog from Pueblo

Read an online version of this release

(www.pueblo.gsa.gov/press/nfcwintercat0809.htm)

FREE CONSUMER INFORMATION CATALOG
WINTER 2008-2009

Old man winter is back again. With him come colder temperatures, frosty windows, and more indoor time to catch up on your reading. Make your first book choice an all-time best seller, the winter edition of the [Consumer Information Catalog](#). It has more than 200 free and low-cost government publications on everything from saving money to creating a home inventory—great things to do while winter has you spending more time in the house.

Here's a sampling of what you'll find:

- [Get the Facts on Saving and Investing](#) (Item 584T, free). Use this guide's helpful tips and worksheets for calculating net worth, income, and expenses.
- [Energy Savers: Tips on Saving Energy & Money at Home](#) (Item 332T, \$1.50). Reduce your home energy use with tips on insulation, weatherization, heating, and more.
- [Smart Saving for College—Better Buy Degrees](#) (Item 511T, free). Provides information to help you save and invest wisely for college. Explains 529 plans, Coverdell Education Savings Accounts, Savings Bonds, and more.
- [The Road to a Healthy Life](#) (Item 114T, \$4.50). Learn the basics of a healthy lifestyle—eating right and being physically active. Use the charts to calculate your healthy weight and daily calorie requirements and the nutrition facts labels to make healthy food choices.
- [Building a Better Credit Report](#) (Item 311T, \$1.50). Learn how to improve your credit score, deal with debt, spot credit-related scams, and more.

Cabin fever won't bother you when armed with helpful publications from the **Consumer Information Catalog**. If you're online, you can read them all on pueblo.gsa.gov. Check out the latest scams and recalls, or join in the conversation with the federal government by reading the blog written by insiders, [Gov Gab](#). To order the catalog:

* Visit www.pueblo.gsa.gov/newcat.htm to order a **Consumer Information Catalog**, or to read or print these and hundreds of other Federal publications for free.

* Send your name and address to **Catalog, Pueblo, Colorado 81009**.

* Call toll-free **1 (888) 8 PUEBLO**. That's **1 (888) 878-3256**, weekdays 8 a.m. to 8 p.m. Eastern Time.

Get even more information and take advantage of online government resources at www.USA.gov and www.GobiernoUSA.gov--your official English and Spanish web portals to the Federal government.

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Please check with Colleen Bayus if you plan to use this release after March 1, 2009.

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U.S. General Services Administration
The Federal Citizen Information Center

* Please do not reply to this message. If you have any questions, or if you would like to discontinue this service, please contact Rebecca Fulcher at [rebecca.fulcher\(at\)gsa.gov](mailto:rebecca.fulcher(at)gsa.gov). Or call (202) 501-1794. You may leave the list at any time by visiting www.pueblo.gsa.gov/maillist.htm or by sending an e-mail to [listserv\(at\)LISTSERV.GSA.GOV](mailto:listserv(at)LISTSERV.GSA.GOV). Type "SIGNOFF MEDIALIST" in the body of the message. You do not need to include anything else in the body of the message or in the subject line.