The Gainesville Zero Waste News

How To Opt-Out & Stop Junk Mail

Each year, over 1 billion pounds of unsolicited advertisements get delivered to mailboxes across America, and most of it ends up in landfills. While recycling junk mail is far better than tossing it in the garbage, preventing the creation of all that wasted paper in the first place can save millions of trees.

Here are some quick fixes to reduce the constant stream of junk mail you're getting:

To **remove your name from mailing lists and opt-out of receiving unwanted**, such as catalogs and promotional offers:

- Register at DMAchoice.org ($2 process fee required)
- Visit Save.com or call 1-800-437-0479
- Go to Catalog Choice and search for the sender

To **stop credit card offers** from major credit bureaus:

- Call 1-888-5-OPT-OUT or visit optoutprescreen.com

To learn more about stopping unwanted mail, visit ftc.gov.

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