

STOP THE JUNK MAIL

The U.S. Postal Service delivers billions of pieces of junk mail annually, and experts estimate that we get 18 pieces of junk mail for every piece of purposeful mail we receive.

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How to Stop Junk Mail

<https://www.consumer.ftc.gov/articles/how-stop-junk-mail>

1. Get your address off circular and bulk mail lists

You can decide what types of mail you do and don't want from marketers. Register at the Direct Marketing Association's (DMA) consumer website DMAchoice.org, and choose what catalogs, magazine offers, and other mail you want to get. You'll have to pay a \$2 processing fee, and your registration will last for 10 years.

2. Stop credit card offers

To opt out for five years: Go to optoutprescreen.com or call 1-888-5-OPT-OUT (1-888-567-8688). The phone number and website are operated by the major credit bureaus.

3. Opt out of Catalog Choice

You can decide what types of mail you do and don't want from marketers. Register at the Direct Marketing Association's (DMA) consumer website DMAchoice.org, and choose what catalogs, magazine offers, and other mail you want to get. You'll have to pay a \$2 processing fee, and your registration will last for 10 years.

4. "Refused: Return to Sender."

If a piece of unwanted mail says "return service requested", "forwarding service requested", "change service requested" or "address service requested," write "Refused: Return to Sender" (exact words) on the unopened envelope and pop it right back in the outgoing mail.

5. "Take me off your mailing list."

Some companies actually take you off their mailing lists if you just call them or email them and make that request. This is important when you deal with companies that send you junk mail as well as useful correspondence.

6. The postage-paid envelope trick

If you've already opened a piece of junk mail, but it has a postage-paid return envelope, here's a good trick. Write your return address and name on the postage-paid return envelope.

Seal the postage paid envelope, empty, and pop it right back in the mail. I'm not sure why it works, but this has gotten me off quite a few mailing lists. Maybe it's the fact that the company had to pay the postage.

