



# 10 Easy Steps

## 1. Credit Cards & Insurance

Go to [OptOutPrescreen.com](http://OptOutPrescreen.com) to opt out of pre-approved credit card or insurance mail.

## 2. Direct Mail Association

Pay a small fee to the Direct Mail Association to remove your name from their members' mailing lists for a decade ([DMAChoice.org](http://DMAChoice.org)).

## 3. Catalogs

To halt the delivery of a wide range of catalogs, sign up at [catalogchoice.org](http://catalogchoice.org).

## 4. Opt Out On Envelope

Look for opt out information on the envelope or label. Call or email the business to request to not be contacted by mail again.

## 5. Nonprofits & Businesses

Make sure that all of the nonprofits, utilities, and banks you do business with are set to paperless for bills and renewals whenever possible.

## 6. "Free" Reward Cards

Never give your address when you sign up for "free" reward cards at grocery stores and businesses.

## 7. Search Online

Search on websites for opt out forms specific to the businesses on the mail you receive.

## 8. Return to Sender

For junk mail that is sent first class with a paper or ink stamp, write "Return to Sender" and put it back in the mailbox with the flag up!

## 9. Store Apps

Set specialty store coupon apps to paperless and remove your physical address when possible.

## 10. Policy Change

Advocate to change laws, corporate policies, and recycling rules relating to junk mail.