



GreenTip
How Do You Measure Up?

Eliminate Junk Mail



**The average person has about
30 pounds of junkmail per year!**

Reduce Your Part



Here are some tried-and-true methods to help you to reduce junk mail at the source:

- Use the Direct Marketing Association's Mail Preference Service to opt out of mailing lists and pre-approved credit card offers. Easy to use links and forms allow you to take advantage of this free service online or with a mail-in form.
<https://www.dmchoice.org/MPS/proto1.php>
- Choose the catalogs that you'd like to receive and opt out of the rest by visiting the free Catalog Choice website. Click the Get Started button to begin.
<http://www.catalogchoice.org/>
- Contact the major credit bureaus to request your name to be removed from mailing their lists for pre-approved offers. Experian, Equifax, Inc., Innovis, and Trans Union Corp. can all be reached at one telephone number: 888-567-8688.
- Fill out and send in the privacy notices provided by financial institutions and organizations. This will help keep you off future mailing lists that are built and sold by these businesses.
- Remember, most junk mail is recyclable. Contact your recycling service provider for details about your options for recycling any junk mail that you do receive. If you're not sure who provides your service, you can get more information about your community by selecting the link below.
http://www.co.guilford.nc.us/gc_solid_waste_services.pdf

More than 110,000 tons of junk mail are generated every year in North Carolina alone. That's about 30 pounds per person! You can make a big difference by taking a few simple steps.