

Guidance Note

Reducing spam to your email address

Problem

You receive spam to your email address.

One cause of the problem

There are computer programmes used by spammers, that search websites for email addresses.

One solution

When you publish your email address on your website consider using:

john.smith*aol.com [*insert @ in place of * when you use this address*]
instead of john.smith@aol.com

This way the computer programmes don't "find" your email address.

Notes

You will find that all the email addresses on The Food Club website use this format.