

Privacy Policy — MindfullyEat.com

Last updated: February 28,2026

Welcome to Mindfully Eat (“we,” “our,” or “us”). Your privacy is important to us. This Privacy Policy explains how we collect, use, and protect your information when you visit [MindfullyEat.com](https://www.MindfullyEat.com).

Information We Collect

We may collect personal information that you voluntarily provide, including:

- Name
- Email address
- Any information you submit through forms or email

You may provide this information when you:

- Subscribe to our email community
- Download resources
- Contact us
- Make a purchase (in the future)

How We Use Your Information

We use your information to:

- Send emails and updates you requested
- Share resources, products, and content related to mindful eating
- Respond to messages or inquiries
- Improve our website and offerings

We will never sell your personal information.

Cookies and Website Data

Our website may use cookies or similar technologies to:

- Understand how visitors use the site

- Improve performance and user experience

You can disable cookies through your browser settings if you prefer.

Third-Party Services

We may use trusted third-party services to operate our website and communications, such as:

- Email marketing providers
- Website analytics tools
- Payment processors (when applicable)

These services have their own privacy policies.

Email Communications

If you subscribe to our email community, you may receive:

- Updates
- Resources
- Announcements
- New content

You can unsubscribe at any time using the link at the bottom of any email.

Data Protection

We take reasonable steps to protect your information, but no method of transmission over the internet is completely secure.

Children's Privacy

This website is not directed toward children under 13, and we do not knowingly collect personal information from children.

Changes to This Policy

We may update this Privacy Policy occasionally. Changes will be posted on this page with an updated date.

Contact

If you have questions about this Privacy Policy, you may contact us at:

Mackinassets@gmail.com