

# Privacy Policy

## **This policy applies to:**

[atasteofsimplyfresh.com](http://atasteofsimplyfresh.com)

[barstoolrecipes.com](http://barstoolrecipes.com)

[carbconsciouskitchen.com](http://carbconsciouskitchen.com)

[cassbythesea.com](http://cassbythesea.com)

[casswitkowski.com](http://casswitkowski.com)

[cleaneatsstreet.com](http://cleaneatsstreet.com)

[cleanfarmerstable.com](http://cleanfarmerstable.com)

[cookingforeverytasteandtime.com](http://cookingforeverytasteandtime.com)

[createmymealplan.com](http://createmymealplan.com)

[createmyownmealplan.com](http://createmyownmealplan.com)

[createyourmealplan.com](http://createyourmealplan.com)

[createyourownlifeplan.com](http://createyourownlifeplan.com)

[createyourownmealplan.com](http://createyourownmealplan.com)

[culinarycollaboration.com](http://culinarycollaboration.com)

[culinarycollaborations.com](http://culinarycollaborations.com)

[downrightdeliciousrecipes.com](http://downrightdeliciousrecipes.com)

[easydishblog.com](http://easydishblog.com)

[easyvegansauce.com](http://easyvegansauce.com)

[easyvegansauces.com](http://easyvegansauces.com)

[eatsandjourneys.com](http://eatsandjourneys.com)

[eatsandjourneysblog.com](http://eatsandjourneysblog.com)

[fieldsanddaisies.com](http://fieldsanddaisies.com)

[freshplatesmealplans.com](http://freshplatesmealplans.com)

[fromspicerracktotable.com](http://fromspicerracktotable.com)

[greenhatlady.com](http://greenhatlady.com)

[greenhatladyskitchen.com](http://greenhatladyskitchen.com)

[househuntingflipthescrpt.com](http://househuntingflipthescrpt.com)

[househuntingplanner.com](http://househuntingplanner.com)

[juiceitblenditbowlit.com](http://juiceitblenditbowlit.com)

[katewitkowski.com](http://katewitkowski.com)

[katewitkowskipublishing.com](http://katewitkowskipublishing.com)

[ketopocketplan.com](http://ketopocketplan.com)

[kitchentabletalk.com](http://kitchentabletalk.com)

[kitchentabletalkandtea.com](http://kitchentabletalkandtea.com)

[lifeplanningcrossroads.com](http://lifeplanningcrossroads.com)

[livelovechatandeat.com](http://livelovechatandeat.com)

[livelovechateat.com](http://livelovechateat.com)

[markmysuccess.com](http://markmysuccess.com)

[mealandmindset.com](http://mealandmindset.com)

[mealandmindsetbundle.com](http://mealandmindsetbundle.com)

[mealandmindsetplanner.com](http://mealandmindsetplanner.com)

[mealsandmindset.com](http://mealsandmindset.com)

[mealsandmindsetbundle.com](http://mealsandmindsetbundle.com)

[mealsandmindsetplanner.com](http://mealsandmindsetplanner.com)

[menuboardmadness.com](http://menuboardmadness.com)

[notesandplans.com](http://notesandplans.com)

[perfectcookbooks.com](http://perfectcookbooks.com)

[plantsyplates.com](http://plantsyplates.com)

[plantsyveganeats.com](http://plantsyveganeats.com)

[plantsyveganeatsproject365.com](http://plantsyveganeatsproject365.com)

[plantsyveganplaybook.com](http://plantsyveganplaybook.com)

[plantsyveganrecipes.com](http://plantsyveganrecipes.com)

[recipebungalow.com](http://recipebungalow.com)

[recipebungalowstacks.com](http://recipebungalowstacks.com)

[recipesinaflash.com](http://recipesinaflash.com)

[rookierecipe.com](http://rookierecipe.com)

[shatteredplates.com](http://shatteredplates.com)

[snipsandbits.com](http://snipsandbits.com)

[spiceracktotable.com](http://spiceracktotable.com)

[superfoodssquared.com](http://superfoodssquared.com)

[tableandtimetoolkit.com](http://tableandtimetoolkit.com)

[tastefullyflorida.com](http://tastefullyflorida.com)

[tasteofsimplyfresh.com](http://tasteofsimplyfresh.com)

[tastytrios.com](http://tastytrios.com)

[thegreenhatlady.com](http://thegreenhatlady.com)

[theplantsyveganplaybook.com](http://theplantsyveganplaybook.com)

[timeandtabletoolkit.com](http://timeandtabletoolkit.com)

[veganmealplansforbeginners.com](http://veganmealplansforbeginners.com)

[wholeplatemelodies.com](http://wholeplatemelodies.com)

[witkowskipublishing.com](http://witkowskipublishing.com)

(collectively, the **Site**), websites and related social media operated by Kathleen (Cass, Kate) Witkowski. Kathleen (“Kate”, “Cass”, “Company” or “we”, “our” or “us”) values our customers, including you (“you”) and we respect your privacy and personal information which is information about an identifiable individual (as defined by applicable privacy or data protection laws). This privacy policy (the “Policy”) describes the kinds of personal information we collect about you, why we collect it, how we use it, how we protect it, and under what circumstances we share it with third parties. This Policy also describes the decisions you can make about your personal information. You may require us to change, amend or delete the personal information that you have provided to us at any time.

If this Policy changes in the future, we will post an updated version on our website. We recommend that you check this Website periodically in order to review our current Policy. You can tell if this Policy has changed by checking the effective date that appears at the bottom of this Policy. Depending on the circumstances, we may also decide to send you a notice electronically that the Policy was changed. If you continue to visit our site after the Policy changed or notice of the change has been given, you will be deemed to have accepted such changes.

### **Information Collection, Use, and Sharing**

We are the sole owners of the information collected on this site. We only have access to collect information that you voluntarily give us via email or other direct contact from you. We will not sell or rent this information to anyone.

We will use your information to respond to you, regarding the reason you contacted us. We will not share your information with any third party outside of our organization, other than as necessary to fulfill your request, e.g. to ship an order.

Unless you ask us not to, we may contact you via email in the future to tell you about specials, new products or services, or changes to this privacy policy.

### **Your Access to and Control Over Information**

You may opt out of any future contacts from us at any time. You can do the following at any time by contacting us at [Kate@KateWitkowski.com](mailto:Kate@KateWitkowski.com):

- See what data we have about you, if any.
- Change/correct any data we have about you.
- Have us delete any data we have about you.
- Express any concern you have about our use of your data.

**We use standard analytics from Substack, Wix, Podia, Google, Etsy, Gumroad and other social media platforms, including Facebook pixels, but do not receive or control any individual identifying information, other than any emails or other information you provide to us when subscribing or purchasing products.**

### **Links**

Our site and social media platforms contain links to other sites. Please be aware that we are not responsible for the content or privacy practices of such other sites. If you leave our site and go to another site, you should read the privacy statements of the other sites regarding privacy policy and their collection of any personally identifiable information.

### **Orders**

We request information from you on our order form. To buy physical or electronic products from us, you must provide contact information (like name and shipping address). This information is used to fill your orders. If we have trouble processing an order, we'll use this information to contact you.

### **Security**

We do not collect your credit card or banking information. We use PayPal, Stripe through Substack, WIX and Podia, WIX payments, Etsy or Ebay for any purchases made directly on our site. Information provided to them is subject to their Privacy Policy. Similarly, if you purchase any of our affiliate products, the conditions of sale including collected information, is subject to their Terms of Agreement and Privacy Policy.

**If you feel that we are not abiding by this privacy policy, you should contact me immediately via email at [kate@KateWitkowski.com](mailto:kate@KateWitkowski.com)**

Effective April 18, 2026