Privacy Policy

EatsByTeks | Last updated: October 26, 2026

1. Introduction

EatsByTeks ("we", "us", "our") shares tested recipes through this website and related social channels. This Privacy Policy explains what information we collect, how we use it and the choices you have. By using the site you agree to the practices described here.

2. Information we collect

We keep data collection to a minimum. The information we may collect is:

- **Information you give us.** Your email address if you join our newsletter, and any details you include if you email us.
- **Information collected automatically.** Basic usage data such as pages visited, device and browser type, approximate location and referring page, collected through cookies and similar technologies if you accept them.
- **Information stored on your device.** Recipes you save are remembered in your browser so they are there when you return. We do not receive this list on our servers.

We do not ask for payment details, and we do not knowingly collect sensitive personal information.

3. Newsletter and Substack

Our newsletter is delivered through Substack. When you click "Join now" you are taken to our Substack page, where you subscribe directly with Substack. Your email address is then collected and stored by Substack under its own terms and privacy policy, which we encourage you to read. We receive subscriber information from Substack only as needed to send you the newsletter. You can unsubscribe at any time using the link in every email.

4. Cookies

Cookies are small files placed on your device. We use them to keep the site working, remember your saved recipes and understand how people use EatsByTeks. When you first visit, you can accept or decline non-essential cookies. Declining will not stop you from browsing or reading recipes. You can also delete or block cookies in your browser settings.

5. How we use your information

- To run, maintain and improve the website and our recipes.
- To send the newsletter you signed up for.
- To reply to messages and questions you send us.
- To understand site usage and fix technical problems.
- To meet our legal obligations and protect the site from misuse.

We do not sell your personal information.

6. Sharing your information

We only share information with service providers that help us run the site and newsletter (for example hosting, analytics and Substack), and only as needed for them to do that work. We may also disclose information if required by law or to protect our rights and users.

7. Third-party links

The site links to external services including Instagram, TikTok, YouTube and Substack. These services have their own privacy practices, and we are not responsible for them. Please review their policies before sharing personal information.

8. Data retention and security

We keep personal information only as long as needed for the purposes above, or as required by law. We take reasonable steps to protect it, but no method of transmission or storage is completely secure, so we cannot guarantee absolute security.

9. Your rights

Depending on where you live, including under the Kenya Data Protection Act, 2019, you may have the right to access the personal information we hold about you, ask us to correct or delete it, object to or restrict certain uses, and withdraw consent at any time. To exercise these rights, email us at the address below. Newsletter subscribers can also manage their subscription directly in Substack.

10. Children

EatsByTeks is not directed at children under 13, and we do not knowingly collect personal information from them. If you believe a child has given us personal information, please contact us and we will delete it.

11. International use

Our service providers may process data in countries other than your own. By using the site you understand that your information may be transferred to and handled in those countries.

12. Changes to this policy

We may update this Privacy Policy from time to time. The "Last updated" date at the top shows when it last changed. Continuing to use the site after an update means you accept the revised policy.

13. Contact us

Questions about this policy or your data? Email us at **Eatsbyteks@gmail.com**.