Cookies Policy

Functional Area:	IT, Legal, Human Resources
Owner:	Chairman and Chief Executive Officer
Approved by:	Board of Directors
Date of review and approval:	1st December 2021
Version:	Version 2
Date of next review:	By 31st December 2022
Applicable to:	General Public and All Valid Nutrition Employees and Associates
Related Documents:	
Policies:	Code of Conduct and Business Principles Privacy Statement Data Protection Policy
Contact:	Communications Manager – Mary Doyle

Context and Purpose of Valid Nutrition's Cookies:
Like all modern websites, Valid Nutrition's website uses Cookies to help provide visitors with the best experience we can. Cookies are small text files that are placed on your computer or mobile phone when you browse websites.

Our Cookies help us to:
- make our website function and work as you'd expect;
- improve the speed and the security of the site;
- allow visitors to share pages with social networks, like Facebook etc.;
- continuously improve our website for our visitors.

We do not use Cookies to:
- collect any personally identifiable information;
- collect any personally sensitive information;
- pass any data to advertising networks;
- pass personally identifiable data to third parties; and/or
- pay sales commissions.

If the settings on the software our visitors are using to view our website (i.e. the browser) are adjusted to accept cookies, we take this and the continued use of our

website, to mean that our visitors are fine with the conditions of use outlined above. Should a visitor wish to remove or not use cookies from our site they can learn how to do this below, however doing so will likely mean that our site will not work for them as they would expect.

Third Party Functions:
Our site, like most websites, includes functionality provided by third parties. A common example is an embedded YouTube video.

Our site includes the following which use Cookies:

- YouTube - powers the videos on our site (https://www.youtube.com/static?gl=IE&template=privacy_guidelines)
- Google - Privacy Policy -(https://policies.google.com/privacy)

Disabling these cookies will likely break the functions offered by these third parties

Social Website Cookies:
Visitors can easily "Like" or share our content on the likes of Facebook and Twitter and we have included sharing buttons on our site for this purpose.

Cookies are set by:
ShareThis - Privacy Policy provides us with lots of sharing buttons all in one package.
Twitter - Privacy Policy.

The privacy implications on this will vary from social network to social network and will be dependent on the privacy settings you have chosen on these networks.

Anonymous Visitor Statistics Cookies:
We use cookies to compile visitor statistics such as how many people have visited our website, what type of technology they are using (e.g. Mac or Windows which helps to identify when our site is not working as it should for particular technologies), how long they spend on the site, what page they view etc. This helps us to continuously improve our website. These so called "analytics" programs also tell us, on an anonymous basis, how people reached this site (e.g. from a search engine) and whether they have been here before which in turn helps us to develop our site for our audience.

Turning Cookies Off:
Visitors can usually switch cookies off by adjusting your browser settings to stop it from accepting cookies (Learn how here - https://www.attacat.co.uk/resources/cookies/how-to-ban). Doing so however will likely limit the functionality of Valid Nutrition's site (as well as a large proportion of the world's websites) as cookies are a standard part of most modern websites.

It may be that visitors have concerns around cookies related to so called "spyware". Rather than switching off cookies in your browser, visitors may find that anti-spyware

software achieves the same objective by automatically deleting cookies considered to be invasive.