

Welcome to *Freshly*, a vibrant community dedicated to sharing success stories, recipes, and all things related to food and nutrition. We're thrilled to have you as part of our community! To ensure everyone has a positive experience, we've put together some guidelines for you to follow:

Respect and Kindness: Treat every member with respect and kindness. We celebrate diversity and encourage discussions from different perspectives, but personal attacks, hate speech, bullying, and harassment will not be tolerated.

Authenticity: Share your experiences and knowledge authentically. Be honest about your successes and failures, and avoid spreading misinformation.

Constructive Feedback: If you have feedback or suggestions, please express them constructively. We value open communication and appreciate hearing how we can improve.

Privacy and Safety: Protect your privacy and the privacy of others. Avoid sharing personal information such as addresses, phone numbers, or financial details. Report any suspicious or inappropriate behavior to our moderation team.

Intellectual Property: Respect copyright laws and intellectual property rights. Only share content that you have the right to distribute, and give credit to the original creators when necessary.

Relevant Content: While our main focus is on food and nutrition, we welcome discussions on a variety of topics. However, please ensure that your content is relevant to the community and adheres to our guidelines.

Spam and Self-Promotion: Avoid spamming or excessively promoting your own content or products. Engage with the community genuinely and contribute meaningful discussions.

Moderation: Our moderation team works diligently to ensure that *Freshly* remains a safe and welcoming space for all members. Please adhere to their decisions and cooperate with any requests they may have.

Reporting: If you encounter any content or behavior that violates our guidelines, please report it to our moderation team immediately. Together, we can maintain a positive and thriving community.

By following these guidelines, you can help create a supportive and uplifting environment where everyone can share their passion for food and nutrition. Thank you for being a part of *Freshly*—we're excited to embark on this culinary journey with you!