

We Share Rules



Professional chefs, cooks, food businesses or members of their immediate families are not eligible to send in entries.

The recipes remain the **property of the author** at all times.

The purpose of this project is to share food ideas and recipes and can be exchanged among authors.

It is free to enter / contribute items.

The recipes will be `on-line` for a period of 4 weeks, from date of publishing, but can be removed earlier at the request of the author.

The author's eMail address **is required for records and will be published**, unless specifically requested NOT TO.

The author's name will not be published in full. If the author's name is `John Smith`, the included name will be `John S`.