

Recipe Reprint Guidelines

Thank you for your interest in using recipes from the Oldways website!

We appreciate your help in spreading the word about healthy traditional foods and diets, whether you're a journalist, health professional, teacher, or just simply a lover of the old ways of cooking and eating.

Many recipes on our website (www.oldwayspt.org) have been developed by Oldways, and also have high-resolution photos available. There are also recipes that have been contributed by different people and organizations, all of whom have their own guidelines for how (or whether) their work can be reprinted.

How to Receive Permission to Use a Recipe

You can access the complete recipe collection on the Oldways website (oldwayspt.org/recipes). We recommend starting with the recipes tagged as Staff Favorites, as all Staff Favorites are Oldways recipes with high resolution images.

To receive permission and a high-resolution image for any of the **Staff Favorite recipes**, email info@oldwayspt.org with the desired recipe(s) and your intended use.

For any **other recipes**, email info@oldwayspt.org with the desired recipe(s) and your intended use, and we will contact the original recipe creator for permission and imagery.

How to Credit an Oldways Recipe

Once you've received approval please credit all Staff Favorite recipes as "Courtesy of Oldways, oldwayspt.org" Somewhere else on the page, we would also appreciate a reference and link to our website: "For a wealth of good resources and recipes for healthy eating, visit OldwaysPT.org."