Terms of Service

EatsByTeks | Last updated: October 26, 2026

1. Acceptance of these terms

By accessing or using the EatsByTeks website you agree to these Terms of Service and our Privacy Policy. If you do not agree, please do not use the site.

2. About the site

EatsByTeks provides recipes, cooking tips and related content for personal, non-commercial use. We may change, suspend or remove any part of the site at any time without notice.

3. Recipes, food safety and allergens

Our recipes are tested in our own kitchen, but results can vary with ingredients, equipment and technique. You are responsible for how you prepare and eat food.

- Always check ingredient labels and make sure each dish suits your own dietary needs and allergies.
- Cook meat, poultry, eggs and seafood thoroughly and follow safe food handling and storage practices.
- Cooking times, serving sizes and ingredient counts are estimates only.
- Nothing on the site is medical or nutritional advice.

4. Intellectual property

All content on the site, including recipes, text, photographs, graphics and the EatsByTeks name and branding, belongs to EatsByTeks or its licensors and is protected by copyright and other laws. You may view the content and save recipes for your own personal use. You may not copy, republish, sell or distribute our content, or use it commercially, without our written permission. Sharing a link to a recipe, or a short excerpt with clear credit and a link back to EatsByTeks, is welcome.

5. Acceptable use

When using the site you agree not to:

- break any applicable law or infringe the rights of others;
- attempt to gain unauthorised access to the site, its servers or other users' data;
- introduce viruses or other harmful code, or disrupt the site;
- scrape or harvest content or data by automated means without permission;
- use the site in a way that could damage its reputation or availability.

6. Saved recipes and cookies

Saved recipes are stored in your browser. Clearing your browser data or switching device may remove them, and we are not responsible for any loss. Our use of cookies is explained in the Privacy Policy.

7. Newsletter

Our newsletter is delivered through Substack and is subject to Substack's own terms and privacy policy. You can unsubscribe at any time using the link in any email.

8. Third-party links and services

The site links to third-party services such as Instagram, TikTok, YouTube and Substack. We do not control and are not responsible for their content, policies or availability, and linking does not mean we endorse them.

9. Community content

Reviews and comments shown on the site are shared in good faith and reflect the opinions of the people who wrote them, not EatsByTeks. If you send us feedback or submit content, you give us a non-exclusive, royalty-free right to use it to run and promote the site.

10. Disclaimer of warranties

The site and its content are provided "as is" and "as available", without warranties of any kind, express or implied. We do not guarantee that the site will be uninterrupted, error-free or free of harmful components, or that any recipe will suit your needs or turn out in a particular way.

11. Limitation of liability

To the fullest extent permitted by law, EatsByTeks and its owners will not be liable for any indirect, incidental or consequential loss, or for any injury, illness, allergic reaction, damage or loss arising from your use of the site or from preparing or eating food based on our recipes. Nothing in these terms limits liability that cannot lawfully be limited.

12. Changes to these terms

We may update these terms from time to time. The "Last updated" date at the top shows when they last changed. Continuing to use the site after an update means you accept the revised terms.

13. Governing law

These terms are governed by the laws of Kenya, and any dispute will be subject to the courts of Kenya, unless mandatory local law says otherwise.

14. Contact us

Questions about these terms? Email us at **Eatsbyteks@gmail.com**.