

Copyright & Content Policy

Last Updated: August 28, 2026

The content published on EverydayAlonzo is created to inspire, inform, and connect with readers. I put significant time, creativity, and effort into creating the original content shared on this website and across my social media channels.

This Copyright & Content Policy explains how content from www.everydayalonzo.com may and may not be used.

1. Ownership of Content

Unless otherwise noted, original content published by EverydayAlonzo is owned by Christina Alonzo / EverydayAlonzo or is used with appropriate permission or licensing.

This includes, but is not limited to:

- **Blog posts and articles**
- **Original written content**
- **Personal stories**
- **Recipes and original recipe descriptions**
- **Photographs**
- **Original graphics and designs**
- **Videos**
- **Reels and other original video content**
- **Downloadable materials**
- **Guides and printables**
- **Social media content**
- **Logos and branding**
- **The EverydayAlonzo name and related brand elements**
- **Original concepts, layouts, and creative materials**

All such content is protected by applicable copyright, trademark, and other intellectual property laws.

2. Personal Use

You are welcome to read, enjoy, save, and share links to EverydayAlonzo content for personal, non-commercial purposes.

You may:

- **Share a direct link to a blog post.**
- **Share an EverydayAlonzo URL on social media.**
- **Reference or discuss an EverydayAlonzo article.**
- **Share a social media post using the platform's built-in sharing functionality.**
- **Print content for your own personal use where printing functionality is provided.**

When sharing or referencing EverydayAlonzo content, please provide appropriate credit and link back to the original source.

3. Republishing Content

You may not republish, reproduce, or redistribute an entire EverydayAlonzo article, blog post, recipe, or other original content on another website, publication, newsletter, social media account, or other platform without prior written permission.

This includes copying and pasting:

- **Entire blog posts**
- **Full recipes**
- **Shopping guides**
- **Travel guides**

- **Personal stories**
- **Lists and roundups**
- **Downloadable content**
- **Original graphics**
- **Other substantial portions of EverydayAlonzo content**

A link back to EverydayAlonzo does not by itself constitute permission to reproduce the content.

4. Excerpts and References

Short excerpts may be used for legitimate commentary, review, discussion, or other purposes permitted by applicable copyright law.

When referencing EverydayAlonzo content, please:

1. **Clearly credit EverydayAlonzo.**
2. **Identify the original creator when appropriate.**
3. **Link to the original EverydayAlonzo page.**
4. **Use only the amount of content reasonably necessary for the purpose.**

Nothing in this policy is intended to restrict rights that may exist under applicable copyright law, including fair use or other applicable legal exceptions.

5. Photography & Images

All original photographs and images created by or for EverydayAlonzo are protected by copyright unless otherwise stated.

You may not:

- **Download and repost EverydayAlonzo photographs as your own.**

- Remove watermarks, logos, or identifying information.
- Use photographs for commercial purposes without permission.
- Use photographs in advertisements or sponsored content without permission.
- Alter or modify photographs and present them as your own work.
- Use photographs to create derivative commercial products without permission.

If you would like to use an EverydayAlonzo photograph, please contact me for permission before using it.

6. Recipes

Recipes published on EverydayAlonzo may be shared in a way that complies with applicable copyright law, but the original written content, photographs, recipe introductions, instructions, and other creative expression may not be copied and republished without permission.

If you would like to share an EverydayAlonzo recipe on another website or publication, please:

- Write your own introduction and description.
- Do not copy the recipe's original wording or instructions.
- Do not copy the photographs.
- Provide a clear link to the original EverydayAlonzo recipe.
- Encourage readers to visit EverydayAlonzo for the complete recipe.

If you would like to reproduce a recipe in its entirety, please contact me for permission.

7. Social Media Content

EverydayAlonzo content shared on Instagram, Facebook, TikTok, Pinterest,

YouTube, or other social media platforms remains protected by applicable intellectual property laws.

The fact that content is publicly available does not mean that it is free to download, reproduce, modify, or commercially use.

You may use a platform's native sharing, reposting, or linking functionality where permitted by that platform.

You may not download, remove branding from, edit, reproduce, or republish EverydayAlonzo content outside the platform's intended sharing functionality without permission.

8. Commercial Use

Commercial use of EverydayAlonzo content requires prior written permission unless otherwise authorized.

Commercial use includes, but is not limited to:

- **Advertising**
- **Marketing**
- **Brand campaigns**
- **Promotional materials**
- **Product packaging**
- **Websites**
- **Commercial publications**
- **Paid social media campaigns**
- **Business newsletters**
- **Retail materials**
- **Courses or paid products**
- **Resale or licensing**

Permission may be granted on a case-by-case basis and may be subject to

licensing fees and written terms.

9. AI, Scraping, and Automated Use

EverydayAlonzo content may not be systematically copied, scraped, harvested, reproduced, repackaged, or used to create commercial databases, publications, products, or services without permission.

This includes unauthorized automated collection or reproduction of substantial portions of:

- Articles
- Recipes
- Photographs
- Graphics
- Videos
- Other original content

Nothing in this section is intended to prohibit uses that are otherwise permitted by applicable law.

10. Trademark & Branding

The name EverydayAlonzo, related logos, graphics, branding elements, and other distinctive brand materials may not be used in a way that suggests sponsorship, endorsement, affiliation, or ownership by EverydayAlonzo without prior written permission.

You may not reproduce or modify EverydayAlonzo branding for your own commercial or promotional purposes.

11. User-Submitted Content

If you submit comments, photographs, reviews, messages, or other content to EverydayAlonzo, you remain responsible for the content you submit.

By submitting content, you represent that you have the necessary rights and permissions to submit it and that your submission does not violate another person's intellectual property, privacy, or other legal rights.

If the Website permits user submissions to be publicly displayed, you grant EverydayAlonzo a non-exclusive, royalty-free right to use, display, reproduce, or distribute that submission in connection with operating and promoting the Website, subject to applicable law and our Privacy Policy.

You should not submit confidential or sensitive information through public comments or other publicly visible areas of the Website.

12. Third-Party Content

EverydayAlonzo may occasionally feature, reference, embed, or link to content created by other individuals, brands, businesses, or organizations.

Third-party content remains the property of its respective owner.

Nothing on this Website should be interpreted as granting permission to use third-party content.

13. Copyright Infringement

If you believe that content appearing on EverydayAlonzo infringes your copyright, please contact me with sufficient information to identify:

- - The copyrighted work you believe has been infringed.**
- **The material you believe is infringing.**

- Where the material appears on the Website.
- Your name and contact information.
- A statement that you have a good-faith belief that the use is not authorized by the copyright owner, its agent, or the law.
- A statement that the information you provide is accurate and that you are authorized to act on behalf of the copyright owner, if applicable.

Please send copyright concerns to:

Christina Alonzo

EverydayAlonzo

Email: blog.everydayalonzo@gmail.com

Upon receiving a valid copyright concern, I may investigate the matter and take appropriate action.

14. Unauthorized Use

EverydayAlonzo reserves the right to take appropriate action when its intellectual property is used without permission, including requesting removal of the content, contacting the applicable platform or website, and pursuing other remedies available under applicable law.

Nothing in this policy limits any rights or remedies available under applicable copyright, trademark, or other intellectual property laws.

15. Permission Requests

If you would like to use EverydayAlonzo content beyond the personal sharing permitted by this policy, please contact me before using the content.

When requesting permission, please include:

- The specific content you would like to use.
- How you intend to use it.
- Where it will appear.
- Whether the use is commercial or non-commercial.
- How long you intend to use it.
- Your website, publication, brand, or business information.

Written permission must be received before using content in a manner that requires permission.

16. Changes to This Policy

This Copyright & Content Policy may be updated from time to time.

When changes are made, the “Last Updated” date at the top of this page will be revised.

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