

DEPARTMENT 25

Foods and Nutrition

Food Preservation

*Superintendents: Foods & Nutrition-Nancy Thompson 920-478-3724;
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- Judging Day:** **PRE-FAIR** Monday of Fair Week for Classes A-D and H.
The judging schedule for Classes A, B, C, D, and H will be published in the August 4-H Newsletter.
Class G Favorite Foods Revue judging date and location TBA in the 4-H Newsletter.
- Judging Location:** Classes A-D & H - Youth Building
Class G – Location TBA in the 4-H Newsletter

General Guidelines

- Except for Class G** which is **open to ALL youth exhibitors**, foods exhibitors must be enrolled in the Foods and Nutrition project or in another youth group doing equivalent work and must enter in the Class for their enrolled project level. Grade is as of January 1 of current year.
- Exhibitors MUST be present for judging. Any conflicts will be addressed on an individual basis with the Foods Superintendents.**
- Exhibitors MUST bring entry tags on Judging Day to receive a premium. Otherwise, only participation ribbons will be given.**
- Exhibitors' premiums may be lowered one placing for inappropriate serving size.**
- All exhibits MUST be prepared solely by the exhibitor. **No commercial mixes or doughs are to be used.**
- All food entries must include the recipe or the premium will be lowered one placing.**
- To prevent spoilage, exhibitors are encouraged to use coolers/insulated containers to keep cold foods cold and hot foods hot.
- Exhibitors are not to bring electrical appliances to use on judging day. Microwaves will be available.
- Exhibitors must furnish plates/serving dishes as needed or appropriate, but place settings, placemats, flowers, napkins, etc. are not used with fair entries.
- Creativity is very much encouraged, and presentation is part of the judging. Garnishes when appropriate can enhance entries.
- Except for those entries which are deemed highly likely to spoil, all judged entries will be retained and displayed during the fair.**
- A photo will be taken of each exhibitor and his/her entries for inclusion in a video stream to be shown throughout the fair near the Junior Fair office.

CLASS A – COOKING 101 (*Foods & Nutrition 1*)

- Open to youth in Foods & Nutrition 1 project or youth groups doing equivalent work
- 1. Oatmeal Muffins – plate of 3
- 2. Cornbread – 4-inch square
- 3. Drop Biscuits – plate of 3
- 4. Baking Powder Coffee Cake – 4-inch corner square
- 5. Granola Bars – plate of 3
- 6. Nutritious Snack (other than granola bars) – 1 serving
- 7. Unfrosted Brownies – plate of 3
- 8. Drop Cookies (plate of 3)
- 9. No Bake Cookies or Bars (plate of 3)
- 10. Chef's Choice: Side Dish – 1 serving
- 11. Sandwich or Sandwich Wrap – 1 serving
- 12. Fresh Salsa – 1 serving
- 13. Dairy Side Dish including at least two (2) dairy products – 1 serving
- 14. Packed school lunch meeting nutrition and safety standards

15. Poster (14"x22") on Nutrition or Kitchen Safety
 16. Recipe box with category dividers including at least 15 favorite recipes that have been prepared by exhibitor
- Premium - Conference Judging \$2.00 \$1.75 \$1.50 \$1.25**

CLASS B – COOKING 201

1. Muffins – plate of 3
2. Homemade Yogurt – 1 cup
3. Rolled Baking Powder Biscuits – plate of 3
4. Scones – plate of 3
5. One Loaf (9"x5"x3") Quick Bread
6. Breakfast Burrito – 1 serving
7. Assorted vegetables or fruits around a container of homemade dip – 1 serving
8. Macaroni or Pasta Salad – 1 serving
9. Meatloaf – 1 serving
10. Main Dish Prepared in a Microwave – 1 serving
11. Baked Casserole – 1 serving
12. Vegetable or Cream Soup – 1 serving
13. Rice Pudding – 1 serving
14. Banana Snack Cake – 4-inch corner square
15. Snickerdoodle Cookies – plate of 3
16. Dairy Salad including at least two (2) dairy products – 1 serving
17. Poster (14"x22") on Food Safety or Food Labeling
18. Recipe box with category dividers containing at least 25 favorite recipes (including at least some breads, salads, **AND** cookies or bars) that have been prepared by exhibitor

Premium - Conference Judging \$2.50 \$2.25 \$2.00 \$1.75

CLASS C – COOKING 301

1. One Loaf (9"x5") White or Wheat Bread (not made in a bread machine)
2. One Loaf Bread Made in a Bread Machine
3. Yeast Cloverleaf or Crescent Rolls – plate of 3
4. Soft Yeast pretzels – plate of 3
5. Frosted Cinnamon Rolls – plate of 3
6. Breakfast Cookies – plate of 3
7. Chocolate or White Cake (unfrosted) – 4-inch corner square
8. Rolled Cookies (unfrosted) – plate of 3
9. Vegetable Salad – 1 serving
10. Slow Cooker Soup – 1 serving
11. Slow Cooker Main Dish – 1 serving
12. Oven-Baked Fish – 1 serving
13. Chef's Choice Appetizer – plate of 3
14. Dairy Main Dish including at least three (3) dairy products – 1 serving
15. Edible Centerpiece
16. Poster on Outdoor Grilling or a Food Science Experiment
17. Recipe box with category dividers containing at least 35 favorite recipes (including at least some appetizers, breads, main dishes, **AND** desserts) that have been prepared by exhibitor

Premium - Conference Judging \$2.50 \$2.25 \$2.00 \$1.75

CLASS D – COOKING 401

1. Pita Bread – plate of 2
2. English Muffins – plate of 3
3. One (1) Loaf Specialty Bread (ie. Focaccia, Dark Rye, French, etc.) not made in a bread machine
4. Baked Custard or Crème Brulee – 1 serving

5. Double-Crusted Fruit Pie (no commercial pie filling) – 1 serving
6. Single-Crusted Pie – 1 serving
7. Chiffon or Sponge Cake – 3-inch slice
8. Cutout Cookies Frosted with Homemade Frosting – plate of 3
9. Specialty Dessert (ie. cheesecake, torte, trifle, etc. – **no cookies, bars, or cakes**) – 1 serving
10. Cooked Chocolate Fudge – plate of 3 pieces
11. Any other Cooked Candy (ie. caramels, seafoam, peanut brittle, toffee) – plate of 3
12. Gluten Free Baked Food Item – 1 serving
13. Sugar Free Baked Food Item – 1 serving
14. Quiche – 1 serving
15. Beef, Pork, Lamb, or Poultry Entrée – 1 serving
16. Vegetarian Entrée – 1 serving
17. International/Ethnic Food – 1 serving
18. Dairy Dessert including at least three (3) dairy products – 1 serving
19. Edible Centerpiece
20. Poster on Food Science Experiment or Food Careers
21. Recipe box with category dividers containing at least 45 favorite recipes (at least some breads, salads, side dishes, main dishes, **AND** desserts) that have been prepared by exhibitor

Premium - Conference Judging \$3.00 \$2.75 \$2.50 \$2.25

CLASS G – FAVORITE FOODS REVUE

-Open to ALL YOUTH EXHIBITORS including Cloverbud & Exploring members. Exhibitors do not have to be enrolled in the Foods & Nutrition project to participate.

-Date and other details will be announced in the 4-H Newsletter.

-Grade as of January 1 of current year.

-Cloverbud and Exploring exhibitors may enter 1 category; Exhibitors in grades 4 & up may enter up to 3 categories.

-Cloverbud exhibitors receive participation ribbons only.

-Entries are judged Face-to-Face.

-Entries must be prepared solely by exhibitor using no commercial mixes or doughs.

CLOVERBUDS & EXPLORING EXHIBITORS

Display must include:

- **One food item, along with the recipe used**
- **placemat and appropriate table service**

1. Breakfast Food
2. Healthy Snack

***Premium - Face-to-Face Judging \$1.75 \$1.50 \$1.25 \$1.00**

**Premium applied to Exploring members only*

GRADES 4-8 EXHIBITORS

Display must include:

- **One food, along with the recipe for that food**
- **meal menu**
- **table cloth or placemat and appropriate table service**
- **centerpiece corresponding with the meal theme**

3. Healthy Breakfast
4. International Lunch
5. Picnic Outing
6. Sunday Family Dinner
7. Fast, Fabulous & Fun

Premium - Face-to-Face Judging \$3.00 \$2.75 \$2.50 \$2.25

GRADES 9 & OLDER EXHIBITORS

Display must include:

- **TWO** foods (*with one being the Main Dish*), along with the recipes for those two foods
 - meal menu
 - tablecloth or placemat and appropriate table service
 - centerpiece corresponding with the meal theme
8. Healthy Breakfast
 9. Healthy Dinner on a Budget (Must include data to prove that cost per serving is \$3.50 or less)
 10. Holiday Gathering
 11. Special Occasion Meal (ie. birthday party, baby shower, anniversary celebration, etc.)
 12. International Dinner
 13. Tailgate Party

Premium - Face-to-Face Judging \$3.00 \$2.75 \$2.50 \$2.25

CLASS H – FOOD PRESERVATION

-Open to youth in Food Preservation project or other youth groups doing equivalent work.

-*Entries are judged Conference Style on Monday of Fair Week.*

-Exhibitors MUST be present. Conflicts handled on individual basis.

-Conference judging schedule will be in the 4-H newsletter.

-Grade as of January 1 of current year.

-No limit to the number of entries.

-Guidelines in current UW-Extension Food Preservation bulletins will be used for all canning, freezing and dehydration exhibits

-For each **CANNING** (including jams/jellies) entry, attach a card with recipe. Recipe from UWEX Food Preservation Bulletin, list bulletin name, page # and recipe title. Any other recipe written in entirety.

-Jars must be standard pint or quart size canning jars, except for jam or jellies which must be in standard half-pint or pint jars, with self-sealing lids (no paraffin). Jars should be clear in color.

-Attach a label to EACH jar/container BEFORE bringing it to fair. Blank labels to be completed will be provided by the county with the fair tags.

-Hot jars will not be accepted. Jars should be clean, not sticky.

-Jar rings must be removed before being brought in for judging.

-The right is reserved to open any products.

-Any signs of spoilage will disqualify the entry.

- Exhibits must be fresh products preserved since last year's fair.

-Each CANNING entry MUST have two jars. After judging, one jar will be taken home.

-Each FROZEN exhibit MUST be two packages (*at least one PINT per container for EACH package*)

-Each DEHYDRATED exhibit MUST be in container at least one-half pint in size. (*1 container required per exhibit*)

Grades 3-8

FROZEN:

1. Peas
2. Green or Yellow Beans
3. Strawberries, whole or sliced
4. Any Other Fruit

SOFT SPREADS-Jams & Jellies (*No freezer jam or jelly*):

5. Strawberry Jam
6. Any Other Variety Jam
7. Grape Jelly
8. Any Other Variety Jelly

CANNED:

9. Tomatoes, whole or quartered
10. Tomato Juice

11. Rhubarb
12. Berries
13. Cherries, pitted
14. Applesauce
15. Peaches, halved or sliced
16. Pears, halved or sliced

PICKLED:

17. Dill pickles
18. Any other pickled item

DEHYDRATED:

19. Fruit
20. Vegetable
21. Fruit Leather

Premium - Conference Judging \$2.00 \$1.75 \$1.50 \$1.25



One award, presented by Jarden Home Brands, may be given in each of the Fruits, Vegetables, Pickles and Soft Spread categories. **To qualify for awards, items must be canned using the same brand of jar and lid, either Ball or Kerr. In addition, Soft Spreads entries must be prepared using Ball Pectin: Classic, Low or No-Sugar, or Liquid. Proof of pectin purchase by receipt or product UPC is required.**

Grade 9 & Up

FROZEN:

22. Peas
23. Green or Yellow Beans
24. Any Other Vegetable or Vegetable Combo
25. Strawberries, whole or sliced
26. Any Other Fruit

SOFT SPREADS-Jams & Jellies (*No freezer jam or jelly*):

27. Strawberry Jam
28. Any Other Variety Jam
29. Grape Jelly
30. Any Other Variety Jelly

CANNED:

31. Tomatoes, whole or quartered
32. Tomato Juice
33. Tomato Sauce/Pizza or Spaghetti Sauce
34. Stewed Tomatoes
35. Berries
36. Cherries, pitted
37. Applesauce
38. Peaches, halved or sliced
39. Pears, halved or sliced
40. Any Other Fruit or Fruit Combo
41. Carrots
42. Green or Yellow Wax Beans
43. Sweet Corn-Whole Kernel
44. Any other Vegetable or Vegetable Combo

PICKLED:

45. Sweet Pickles
46. Dill Pickles
47. Bread and Butter Pickles

- 48. Salsa
- 49. Any Other Pickled Item

DEHYDRATED:

- 50. Fruit
- 51. Vegetable
- 52. Fruit Leathers
- 53. Meat
- 54. Herbs

Premium - Conference Judging \$3.00 \$2.75 \$2.50 \$2.25