

# DEPARTMENT 25

## Foods and Nutrition

### Food Preservation

*Superintendents: Foods & Nutrition-Nancy Thompson 920-478-3724;  
Food Preservation-Lynn Ireland 920-925-3773*

**Except for Class G** which is **OPEN TO ALL YOUTH EXHIBITORS**, exhibitors must be enrolled in the Foods and Nutrition or Food Preservation project or in another youth group doing equivalent work.

**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**

- 1. EXHIBITORS CAN ENTER IN ONLY ONE CLASS/PROJECT LEVEL** (the level the exhibitor enrolled in). Entries in any other class/project level will not be accepted.
- 2. Exhibitors must be present for judging.** Any conflicts need to be addressed on an individual basis with one of the superintendents.
- 3. Exhibitors must have entry tags with them on Judging Day to receive a premium.** Entries without tags will only receive participation ribbons.
- 4. All entries be prepared solely by the exhibitor using no commercial mixes or doughs.**
- 5. All food entries must include the recipe or the premium will be lowered one placing. Premiums may also be lowered one placing for an inappropriate serving size.**
- 6. Exhibitors are NOT to bring electrical appliances to use on judging day.** Microwaves will be available.
7. Exhibitors must furnish plates/serving dishes as needed or appropriate, but place settings, placemats, napkins, etc. are not to be used with fair entries.
8. Presentation is part of the judging criteria. Creativity is very much encouraged. Garnishes when appropriate can enhance entries.
- 9. Except for those entries that are deemed highly likely to spoil during the fair, all judged entries will be retained and displayed during the fair.**

#### **CLASS A – FOODS & NUTRITION 1**

Open to youth in Foods & Nutrition 1 project level 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. Unfrosted Brownies – plate of 3
7. Drop Cookies (plate of 3)
8. No Bake Cookies or Bars (plate of 3)
9. Sandwich or Sandwich Wrap – 1 serving
10. Fresh Salsa – 1 serving
11. Packed school lunch meeting nutrition and safety standards
12. Poster (14"x22") on Nutrition or Kitchen Safety
13. 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 – FOODS & NUTRITION 2**

Open to youth in Foods & Nutrition 2 project level or youth groups doing equivalent work.

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
8. Meatloaf – 1 serving
9. Main Dish Prepared in a Microwave – 1 serving
10. Baked Casserole – 1 serving
11. Vegetable or Cream Soup – 1 serving
12. Banana Snack Cake – 4-inch corner square
13. Snickerdoodle Cookies – plate of 3
14. Dairy Salad including at least two (2) dairy products – 1 serving
15. Poster (14"x22") on Food Safety or Food Labeling
16. 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 – FOODS & NUTRITION 3**

Open to youth in Foods & Nutrition 2 project level or youth groups doing equivalent work.

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. Chef's Choice Appetizer – plate of 3 individual appetizers
13. Dairy Main Dish including at least three (3) dairy products – 1 serving
14. Edible Centerpiece
15. Poster on Outdoor Grilling or a Food Science Experiment
16. 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 – FOODS & NUTRITION 4**

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. Quiche – 1 serving
14. Beef, Pork, Lamb, or Poultry Entrée – 1 serving
15. Vegetarian Entrée – 1 serving
16. International/Ethnic Food – 1 serving
17. Dairy Dessert including at least three (3) dairy products – 1 serving
18. Edible Centerpiece
19. Poster on Food Science Experiment or Food Careers
20. Recipe box with category dividers containing at least 45 favorite recipes (including 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 & Explorers.**

**Exhibitors do not have to be enrolled in the Foods & Nutrition project to participate.**

Entries do not count toward the county fair's 20 possible total entries.

#### **General Guidelines**

1. Date, location, and other details regarding the event will be announced in the 4-H Newsletter.
2. Entries must be prepared solely by exhibitor using no commercial mixes or doughs.
3. Entries will be conference judged.
4. Grade as of January 1 of current year

#### **CLOVERBUDS (Entry must be one prepared snack, along with the recipe for such.)**

1. Healthy Snack

Participants will receive only participation ribbons – *no premium*.

#### **EXPLORERS (Entry must be one prepared breakfast or lunch food.)**

***Entry must include:***

- **One prepared food**, along with the recipe for such
- **Placemat and appropriate table service for the food displayed**

2. Breakfast or Lunch Food

**Premium: \$1.75 \$1.50 \$1.25 \$1.00**

#### **GRADES 4-8 EXHIBITORS – no limit on the number of entries**

***Each entry must include:***

- **Meal menu**
- **Single-serving size of ONE food from that menu, along with the recipe for that food**
- **Tablecloth or placemat and appropriate table service for the menu**
- **Centerpiece corresponding with the meal theme**

3. Rise 'n' Shine Healthy Breakfast

4. Children's Birthday Party Lunch

5. Favorite Family Dinner

6. Picnic Outing

**Premium: \$3.00 \$2.75 \$2.50 \$2.25**

#### **GRADES 9 & OLDER – no limit on the number of entries**

***Each entry must include:***

- **Meal menu**

- **Single-serving size of TWO foods from (with one being the Main Dish), along with the recipes for those two foods**
  - **Tablecloth or placemat and appropriate table service for the menu**
  - **Centerpiece corresponding with the meal theme**
7. It's Time To Celebrate (baby or wedding shower, anniversary party, holiday gathering, etc.)
  8. Let's Travel (International Lunch or Dinner)
  9. Tailgate Fun
  10. Dinner on a Budget (must include information proving that cost per serving is \$3.50 or less)
- Premium: \$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**