

# 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** – March 23, 2020 at Dodge County Administration Building

**Judging Location:** Classes A-D & H – Dodge County Fairgrounds Youth Building  
Class G – Dodge County Administration Building

#### **GENERAL GUIDELINES**

- 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.
- Exhibitors must be present for judging.** Any conflicts need to be addressed on an individual basis with one of the superintendents.
- Exhibitors must have entry tags with them on Judging Day to receive a premium.** Entries without tags will only receive participation ribbons.
- All entries must be prepared solely by the exhibitor using no commercial mixes or doughs.**
- 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.**
- 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, napkins, etc. are not to be used with fair entries.
- Presentation is one aspect of the judging criteria. Creativity is very much encouraged. Garnishes when appropriate can enhance entries.
- Except for those entries that are deemed highly likely to spoil during the fair, ALL OTHER 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 in other youth groups doing equivalent work.

- Oatmeal Muffins – plate of 3
- Cornbread – 4-inch square
- Drop Biscuits – plate of 3
- Baking Powder Coffee Cake – 4-inch corner square
- Granola Bars – plate of 3
- Unfrosted Brownies – plate of 3
- Drop Cookies (plate of 3)
- No Bake Cookies or Bars (plate of 3)
- Sandwich or Sandwich Wrap – 1 serving
- Fresh Salsa – 1 serving
- Packed school lunch meeting nutrition and safety standards
- Poster (14"x22") on Nutrition or Kitchen Safety
- Recipe box with category dividers including at least 20 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 in other youth groups doing equivalent work.

1. Muffins (other than oatmeal) – 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. Vegetable or Cream Soup – 1 serving
11. Banana Snack Cake – 4-inch corner square
12. Snickerdoodle Cookies – plate of 3
13. Dairy Salad including at least two (2) dairy products – 1 serving
14. Poster (14"x22") on Food Safety or Food Labeling
15. Recipe box with category dividers containing at least 30 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 3 project level or in other 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, identical 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 40 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**

Open to youth in Foods & Nutrition 4 project level or in other youth groups doing equivalent work.

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; **no quick bread**
4. Baked Custard or Crème Brulee – 1 serving
5. Double-Crusted Fruit Pie (no commercial pie filling) – 1 serving
6. Baked Single-Crust Pastry Shell – 7, 8, or 9 inch
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, cakes, or candy) – 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 50 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 item or lunch sandwich/wrap.)**

***Entry must include:***

- Single serving of on (1) breakfast item or lunch sandwich/wrap
- Placemat and needed table service for the prepared food

2. Breakfast Item or Lunch Sandwich/Wrap

**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 entire meal
- Centerpiece corresponding with the meal theme

3. Rise 'n' Shine Healthy Breakfast

4. Children's Birthday Party

5. Favorite Holiday Meal

6. It's Picnic Time!

**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 the menu (one must be the Main Dish), along with the recipes for those two foods
  - Tablecloth or placemat and appropriate table service for the entire menu
  - Centerpiece corresponding with the meal theme
7. It's Time To Celebrate (baby or wedding shower, anniversary or graduation party, etc.)
  8. Happy Easter brunch
  9. Tailgate Fun
  10. Let's Travel (International Dinner)
  11. Leftovers Delight (main dish must be made from the leftovers of a previous main dish)
- 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 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 Extension 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. A label template may be found on the Dodge County Fairgrounds website <https://www.dodgecountyfairgrounds.com/junior-fair/>.**
- Attach fair tags to each canned and dehydrated items. Bring along tags for frozen items.
- 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 4-8***

**FROZEN:**

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

**JAMS & JELLIES (Product must be canned - 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 (product must be canned):

17. Dill pickles
18. Salsa
19. Any other pickled item

DEHYDRATED:

20. Fruit
21. Vegetable
22. Fruit Leather
23. Meat Jerky
24. Herbs

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

### ***Grade 9 & Up***

FROZEN:

25. Peas
26. Green or Yellow Beans
27. Any Other Vegetable or Vegetable Combo
28. Strawberries, whole or sliced
29. Any Other Fruit Combo

JAMS & JELLIES (*Product must be canned - No freezer jam or jelly*):

30. Strawberry Jam
31. Any Combo Jam using 2 or more fruits
32. Any Other Variety Jam
33. Grape Jelly
34. Any Other Variety Jelly

CANNED:

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

PICKLED (Product must be canned):

49. Sweet Pickles
50. Dill Pickles
51. Bread and Butter Pickles
52. Any Pickled Combo using 2 or more vegetables

- 53. Salsa
- 54. Any Other Pickled Item

DEHYDRATED:

- 55. Fruit
- 56. Vegetable
- 57. Fruit Leathers
- 58. Meat Jerky
- 59. Herbs

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