

# DEPARTMENT E - FOODS AND NUTRITION

**Superintendent:**

*Melody Cejka*

4-H Staff Person Responsible – Carol Fritz

Premiums in the Food Division are Category 5.

**General Rules:**

- A. Each food exhibit will specify the amount to be entered.
- B. Food entries must be placed on an appropriately sized paper plate. The exhibit must be in a self-sealing bag with the recipe attached to the outside of the bag.
- C. Enter food projects in disposable materials. The fair board and Extension office is not responsible for lost or stolen personal items.
- D. All baked items should be made from basic ingredients, not a mix, unless otherwise specified.
- E. Each exhibit must include the recipe.
- F. EXHIBITS ARE ON DISPLAY FOR SEVERAL DAYS. Please limit exhibits to products which hold up well. Items that require refrigeration will not be accepted, judged or displayed. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes on yeast products before baking are allowed. Glazes, frostings, and other sugar based toppings are also considered safe due to the high sugar content. Eggs incorporated into baked goods or crusts and cheeses mixed into bread doughs are considered safe. Cream cheese fillings or melted cheese toppings may result in an unsafe food product by the time the item is judged due to unpredictable heat/and or weather conditions and will be disqualified. Improperly canned or potentially hazardous food items will be disqualified.

## **Department E – Foods & Nutrition**

### **Division 300 - YOUTH in Motion**

**CLASS 1 YOUTH IN MOTION POSTER, SCRAPBOOK, OR PHOTO DISPLAY**

Display about the 4-H'ers family or self involved in a physical activity or concept/lesson involving this project. This might contain pictures, captions, and/or reports about the physical activity the individual or family did as a result of taking this project.

**CLASS 2**      **ACTIVITY BAG**  
A duffle bag or backpack that the 4-H'er packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean, clearly labeled and an explanation of why it is included in the Activity Bag. DO NOT put valuable items (i.e. electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.

**CLASS 3**      **YOUTH IN MOTION HEALTHY SNACK RECIPE FILE**  
Collection of 10 recipes from any source. Each recipe must accompany a complete snack menu in which the recipe is used, following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each year 4-H'er is in project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or box or in a binder.

**CLASS 4**      **EXERCISE INTERVIEW**  
Interview someone in your life that you have chosen to be active with or someone that you admire that is physically active. Why do they enjoy their exercise program? What are their goals? Why do you admire them? Maximum of two pages, one sided write up of an interview with someone who has an active exercise program. Consider creativity and neatness. Mount on colored paper or poster board, or display in a binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9 X 12 inches.

**CLASS 5**      **HEALTHY SNACK**  
See ideas for non-perishable snacks on pg 36. Four cookies, bars, muffins, etc., on a paper plate, or at least 1 cup of mix. (examples might include: granola bars, homemade crackers or chips,) Supporting information

## **Department E – Foods & Nutrition**

### **Division 401: Six Easy Bites**

**CLASS 1**      **COOKIES**  
(any recipe)-Four on a small paper plate.

**CLASS 2**      **MUFFINS**  
(any recipe)-Four on a small paper plate.

## **Department E – Foods & Nutrition**

### **Division 402: Fast Foods!**

**CLASS 1**      **COFFEE CAKE**  
(any recipe or shape, non yeast product) - At least 3/4 of baked product. May be exhibited in a disposable pan. Include menu for a complete meal where this recipe is served.

- CLASS 2 COST COMPARISON EXHIBIT**  
Exhibit must include a food product made from scratch and a cost comparison to a similar commercial pre-made item (for example, homemade cinnamon rolls compared to a premade cinnamon roll purchased at the store) Supporting information needs to include the cost of the food item made compared to the commercial product and the recipe for the homemade food item. See pages 22 – 35 of Fast Foods Manual relating to the Grocery Store Tour and the Store Shopper Tip Sheet listed on page 31. If 4-H'er doesn't exhibit a food item in this class, it will be lowered a ribbon placing
- CLASS 3 FOOD TECHNOLOGY EXHIBIT**  
Exhibit must include a food product prepared using new technology or a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) Entry must include supporting information that discusses new method and how it compares with traditional method. If 4-H'er doesn't exhibit a food item in this class, it will be lowered a ribbon placing.
- CLASS 4 FAST FOODS MENU PLANNING**  
4-H'er develops exhibits that aid in menu planning. May be a menu plan that is developed for at least five meals, a recipe file, or a poster that is related to what is learned in the Fast Foods project. Consider creativity and neatness. Menu plan may be mounted on colored paper or poster board, or display in a binder. Refer to pages 16 – 19 and 60 – 63 in the Fast Foods Manual. Attach an evaluation found on page 64 for two or more of the menus you have prepared.
- CLASS 5 FAST FOODS RECIPE FILE**  
Collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year 4-H'er is in project, with year clearly marked on recipes. Display in recipe file or in a binder.

## Department E – Foods & Nutrition

### Division 406: Cake Decorating/Gingerbread Houses

\* FOLLOWING CLASSES ARE NOT ELIGIBLE FOR STATE FAIR CONSIDERATION\*

- CLASS 901 DECORATED CAKES**  
Only decoration is judged. Can be on Styrofoam or on a real cake. Send in a disposable cake container; must use decorating tips.



Wilton Enterprises is pleased to help support the Sarpy County Fair with awards in the Decorated Cakes Class. 2009 Wilton "Best of Class" awards are offered for winning cakes with some type of bag and tip or rolled fondant cake decorating. One "Best of Class" award will be given and the winner will choose ONE of the following awards: \* Brownie Fun, \* Gifts from the Kitchen, or \* Cake Decorating Basics (DVD) Wilton will also award one

current Wilton Yearbook of Cake Decorating for the 1st place prize winner in the Decorated Cake Class.

- CLASS 902 DECORATED CUPCAKES**  
(plate of four) - See class 901 for details.
- CLASS 903 DECORATED COOKIE/COOKIES**  
See class 901 for details.
- CLASS 904 GINGERBREAD HOUSE**  
Only decoration is judged. Any recipe may be used.
- CLASS 905 COOKIES IN A JAR**  
Any recipe may be used. Only the dry ingredients for the project and decoration will be judged. Baked cookies should not be included.
- CLASS 906 ANY NON-PERISHABLE FOOD ITEM OR RELATED FOOD PROJECT.**
- CLASS 907 SIMPLE SNACK**  
(any recipe) - granola, trail mix, cereal based snack recipes, etc.) two bars on a small paper plate or at least ½ cup of snack product in a self-sealing zip lock bag.

## **Department E – Foods & Nutrition**

### **Division 407: Food Preservation**

#### **GENERAL FOOD PRESERVATION RULES**

- A. **PROCESSING METHODS**-Current USDA processing methods must be followed for all food preservation. Jam, preserves and marmalades, fruit, tomatoes and pickled products must be processed in a boiling water bath. (Tomatoes may be processed in a pressure canner.) All non-acid vegetables and meats must be processed in a pressure canner. Spoiled or open container disqualifies entry.
- B. **UNIFORMITY**-Jars and type of lid should be the same size, all small or large, not necessarily the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated by the exhibitor in any way. Canning jars must be used - others will be disqualified. No one-fourth pint jars allowed. Leave jar rings on for fair display, it helps protect the seal. No zinc lids.
- C. **LABELING**-Label jars with name of product, type of pack (hot or cold), processing method and time, pounds of pressure (low acid food), altitude where product was processed, name and county of exhibitor. Write plainly on a label and paste or tape securely on jar bottom. Specialized sticky labels not required. Label dried food articles with recipe and method of pretreatment, drying method and drying time. Write plainly on label and paste or tape securely to back of a self sealing bag. Securely attach official entry card to exhibit. Multiple jar exhibits should be contained in a small undecorated box. Use a rubber band or "twisty" to keep exhibit containing 3 self sealing bags together. Be sure to adjust time and pressure for county altitude. All food preservation entries must include recipe and source of recipe.
- D. **CURRENT PROJECT**-All canning must be the result of this year's 4-H project, since September 1, 2008.

- E. **CRITERIA FOR JUDGING**-Exhibits will be judged according to score sheets available at your local Extension office. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered one class ribbon. Check with your local extension office for your county's altitude and how that affects food processing times and pounds of pressure.

**CLASS 1 DRIED FRUIT**

Exhibit 3 different examples of dried fruit. Place each dried fruit food (6-10 pieces of fruit, minimum 1/4 cup) in separate self sealing bags. Use a rubberband or "twisty" to keep exhibit together. See Rule C. for special labeling instructions.

**CLASS 2 FRUIT LEATHER**

Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit together in separate self sealing bags. Use a rubberband or "twisty" to keep exhibit together. See Rule C. for special labeling instructions.

**CLASS 10 DRIED VEGETABLES**

Exhibit 3 samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self sealing bag. Use a "twisty" to keep exhibit together. See Rule C. for special labeling instructions.

**CLASS 11 DRIED HERBS**

Exhibit 3 samples of dried herbs. Place each food (1/4 cup of each herb) in a separate self sealing bag. Use a "twisty" to keep exhibit together. See Rule C. for special labeling instructions.

**CLASS 12 1 JAR FRUIT EXHIBIT**

One jar of a canned fruit. See Rule C. for special labeling instructions.

**CLASS 13 3 JAR FRUIT EXHIBIT**

Exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, ex. Applesauce, canned apples, apple pie filling, etc. See Rule C. for special labeling instructions.

**CLASS 14 1 JAR TOMATO EXHIBIT**

One jar of a canned tomato product. See Rule C. for special labeling instructions.

**CLASS 15 3 JAR TOMATO EXHIBIT**

Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) See Rule C. for special labeling instructions.

**CLASS 20 1 JAR VEGETABLE OR MEAT EXHIBIT**

One jar of a canned vegetable or meat. Include only vegetables canned in a pressure canner. See Rule C. for special labeling instructions.

**CLASS 21 3 JAR VEGETABLE OR MEAT EXHIBIT**

Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner. See Rule C. for special labeling instructions.

**CLASS 22 QUICK DINNER**

Exhibit a minimum of 3 jars to a maximum of 5 jars (all the same size) plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3" X 5" file card and attach to one of the jars. See Rule C. for special labeling instructions.

- CLASS 30**      **1 JAR PICKLED EXHIBIT**  
One jar of a pickled and/or fermented product. See Rule C. for special labeling instructions.
- CLASS 31**      **3 JAR PICKLED EXHIBIT**  
Three jars of different kinds of canned pickled and/or fermented products. See Rule C. for special labeling instructions.
- CLASS 40**      **1 JAR JELLED EXHIBIT**  
One jar of a jam, jelly or marmalade. See Rule C. for special labeling instructions.
- CLASS 41**      **3 JAR JELLED EXHIBIT**  
Three different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size). Entry must be processed in the boiling water bath according to current USDA recommendations. See Rule C. for special labeling instructions.

### **BALL® Fresh Preserving Award**



In recognition of youth who excel in the art of fresh preserving (canning), Jarden Home Brands makers of Ball® and Kerr® Fresh Preserving Products will present First Place Awards in designated recipe categories.

A panel of judges will select the best entry submitted by a youth in each category for **Fruit, Vegetable, Pickle, and Soft Spread**. Entries must be preserved in Ball® or Ball® Collection Elite® Jars sealed with Ball® Lids and Bands or Ball® Collection Elite® Lids and Bands, or preserved in Kerr® Jars sealed with Kerr® Lids and Bands or Ball® Collection Elite® Lids and Bands. In addition, soft spread entries will be limited to recipes prepared using Ball®

Pectin: Original, No Sugar Needed or Liquid. A proof of purchase for Ball® Pectin must be provided at time of entry.

The best entry from each category will receive the following:

One (1) Five-Dollar (\$5) Coupon for Ball® or Kerr® Fresh Preserving Products and one (1) Three-Dollar (\$3) Coupon for Ball® Pectin Products.

## **Department E – Foods & Nutrition**

### **Division 410: Tasty Tidbits**

- CLASS 1**      **HEALTHY BAKED PRODUCT**  
Baked good must be made with less sugar, fat or salt, or altered using a sugar or fat substitute. Include original recipe and altered recipe. Exhibit must include ¾ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Tell what you learned about products made from a modified recipe in supporting information.

- CLASS 2**      **CREATIVE MIXES**  
(Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. (Ex. Poppyseed Quick Bread from a cake mix, cake mix cookies, sweet rolls made from ready made bread dough, monkey breads from biscuit doughs, Streusel Coffee Cake from a cake mix, etc.) Tell what you learned about making this product using a pre-measured mix instead of a recipe from scratch. Does it make it better or easier to use a mix?
- CLASS 3**      **BISCUITS**  
Four biscuits on a small paper plate. This may be any type of biscuit -rolled, dropped, any recipe.
- CLASS 4**      **FOAM CAKE**  
Original recipe (no mixes) of at least ¾ of the cake. Foam cakes are cakes that have a high ratio of eggs to flour and fall into three categories: angel food cakes or meringues; sponge or jelly roll cakes; and chiffon cakes.

## **Department E – Foods & Nutrition**

### **Division 411: You're The Chef**

- CLASS 1**      **LOAF QUICK BREAD**  
(any recipe) – At least ¾ of a standard loaf displayed on a paper plate. A standard quick bread loaf measures approximately 8 ½" x 4 ½" or 9" x 5".
- CLASS 2**      **WHITE BREAD**  
(any yeast recipe or method other than bread machine) - At least 3/4 of a standard loaf displayed on a paper plate.
- CLASS 3**      **WHOLE WHEAT OR MIXED GRAIN BREAD**  
(any yeast recipe or method other than bread machine) - At least 3/4 of a standard loaf displayed on a paper plate.
- CLASS 4**      **SPECIALTY ROLLS**  
4 rolls on a paper plate. May be sweet rolls, English Muffins, Kolaches, Bagels, or any other sweet roll recipe. Recipe must include yeast.
- CLASS 5**      **DINNER ROLLS**  
4 rolls on a paper plate. May be Clover Leaf, Crescent, Knot, Bun, Bread Sticks, or any other type of dinner roll. Recipe must include yeast.

## **Department E – Foods & Nutrition**

### **Division 413: Foodworks**

#### **CLASS 1 DOUBLE CRUST FRUIT PIE**

Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings. May be a double crust, crumb, or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended. This exhibit will be on display only briefly during the actual run of the State Fair.

#### **CLASS 2 INTERNATIONAL FOODS DISPLAY EXHIBIT**

Baked product from another country or culture with at least one accessory typical of that country. The name of the country or culture should be a prominent part of the display. Include the recipe of the baked item. Explain what was learned about the culture and country, what makes this recipe unique to the country, and when this recipe is served. Attach to the recipe card. Attach exhibitor's name and county to the display, each accessory item and recipes cards. Display in a suitable container that allows for item to be transported and displayed. Should be displayed in an area no larger than 12" deep by 15" wide x 10" high. Accessory items should be securely attached. Exhibit will be judged on creativity and imagination. Consider accessories other than dolls. Baked item will be sampled by judges, so it should be bread, rolls, cookies, etc., not casseroles, cream pies, etc. State Fair Board is not responsible for lost or stolen accessories.

#### **CLASS 3 INTERNATIONAL FOOD EXHIBIT**

(any recipe) - Four cookies, bars, muffins, etc., on a paper plate. The name of the country or culture should be included as part of the supporting information with the recipe.

#### **CLASS 4 INTERVIEW A CATERER**

Maximum of two pages, one sided write up of an interview with a caterer. Consider creativity and neatness. Mount on a 9" X 12" colored paper or poster board, or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9 X 12 inches.

#### **CLASS 5 SPECIALTY BREAD**

(any recipe made with yeast) - Tea rings, braids, or any other specialty bread products must be exhibited whole.

#### **CLASS 6 SPECIALTY PASTRY**

(any recipe) – pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, Danish, strudels. Phyllo dough may be pre made or from scratch. Pastries made with cream or egg based fillings will be disqualified. Four on a paper plate or at least  $\frac{3}{4}$  of baked product.

**Department E – Foods & Nutrition**  
**Division 414: Miscellaneous Foods**

**\* FOLLOWING CLASSES ARE NOT ELIGIBLE FOR STATE FAIR CONSIDERATION\***

**CLASS 901**

**OTHER FOOD ITEMS**