

Department E – Nutrition, Foods & Food Preservation

RULES:

- A. **GENERAL** - Members may exhibit only in the project in which enrolled. Products should be baked the day before entry day.
- B. **ENTRIES PER INDIVIDUAL** - One entry per exhibitor per class.
- C. **LABELS** - For ALL FOOD PRODUCTS AND FOOD PRESERVATION ENTRIES -Each exhibit must include the recipe. Recipe need not be handwritten, may be photocopied or typed. Place the food on the appropriate size plate. Put exhibit in a self sealing bag. Attach entry tag and recipe at the corner of the bag on the outside. FOR NON-FOOD ENTRIES-Please attach the entry tag to the upper right hand corner of the entry. GENERAL LABELING INFORMATION-All additional information pieces (recipes, special items) must be labeled with exhibitor's name and county.
- D. **CRITERIA FOR JUDGING** - Exhibits will be judged according to score sheets available at your local extension office. Incomplete exhibits will be lowered a ribbon placing. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered one ribbon placement.
- E. **ENTER FOOD PROJECTS** in disposable materials, i.e., paper plate and plastic self sealing bag. The State Fair Board is not responsible for lost bread boards, china or glassware.
- 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. Commercially prepared mixes are allowed in the Tasty Tidbits Creative Mixes (Class 2) exhibit and the Fast Foods Quick Baked Product (Class 6) ONLY.



Department E - Foods and Nutrition

Division 401, Six Easy Bites

Pay Category #5

- Class 1 **Cookies** (any recipe)-Four on a small paper plate.
- Class 2 **Muffins** (any recipe)-Four on a small paper plate.
- *Class 3 **Simple Snack** (any recipe) – (granola, trail mix, cereal based snack recipes, etc.) two bars on small paper plate or at least ½ cup of snack product in self-sealing zip lock bag.
- *Class 4 **Brownie Cents** - four unfrosted brownies (2 made from scratch and 2 made from a mix). Exhibit with answers to questions on page 16 in manual under “My Discoveries”. Label brownies made from scratch.

Division 402 - Fast Foods!

Pay Category #5

- 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 clear plastic 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 clear plastic binder.
- *Class 6 **Fast Food Baked Product** – Use five to seven ingredients to make a “quick” baked product. May be any recipe. Prepackaged products may be used in recipe, ex. Refrigerated dinner roll, pre-made bread dough, etc. Display proper amount of food item (4 on a plate or ¾ or more of baked item). Supporting information must include experiences in making a fast food baked product.

Division 300 - YOUTH in Motion

Pay Category #5

- Class 1 **YOUTH in Motion Poster, Scrapbook, or Photo 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 clear plastic 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 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 **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 to include recipe and snack menu, and why this snack menu might be considered a health snack.

Division 410 - Tasty Tidbits

Pay Category #5

- 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 3/4 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.
- *Class 5 **Interview** a person who works in a food related job. Maximum of two pages, one sided neatly handwritten write up of an interview with a person who works in a food related job. Consider creativity and neatness. Mount on a 9"x12" colored paper or poster board. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9x12 inches.

Division 411 - You're The Chef

Pay Category #4

- 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.

Division 413 - Foodworks

Pay Category #4

- 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. Four on a paper plate or at least ¾ of baked product. Phyllo dough may be pre-made or from scratch. Pastries made with cream or egg based fillings will be disqualified.

Department E - Cake Decorating/Candy Making

Division 408 - Decorated Items

Pay Category #5

Exhibit by an individual enrolled in the cake decorating project. Cakes may be flat, cut up or layered. Following are the division designations:

- Beginning Division - decorating for first year
- Middle Division - decorating for 2-4 years
- Advanced Division - decorating for five plus years



- *Class 1 **Decorated Cake** - Beginning Division

- *Class 2 **Decorated Box**, Bowl, Block, etc. -Beginning Division
- *Class 3 **Decorated Cake** - Middle Division
- *Class 4 **Decorated Box**, Bowl, Block, etc. - Middle Division
- *Class 5 **Set of Four Different Buttercream Borders** -Middle Division-piped in color with #16, #17 or #18 tip. Use same tip on all four borders. Use a 6" x 8" covered cardboard and allow 1 inch space around outside for handling, piping borders on the 4" x 6" center area of cardboard.
- *Class 6 **Decorated Cake** - Advanced Division
- *Class 7 **Decorated Box**, Bowl, Block, etc. - Advanced Division
- *Class 8 **Set of Four Different Buttercream Borders**- Advanced Division- piped in color with #16, #17 or #18 tip. Use same tip on all four borders. Use a 6" x 8" covered cardboard and allow 1 inch space around outside for handling, piping borders on the 4" x 6" center area of cardboard.
- *Class 9 **Other Decorated Item** - such as sugar Easter eggs, etc. on a base no larger than 15" x 15".

Division 430 - Fun With Candy Making

Pay Category # 5

4-H members taking the project "Fun With Candy Making" may enter each class. Include the recipe. *Recipes in which the egg/egg white is not cooked cannot be used.*

- *Class 1 **No-Cook Candies** - must be four to a plate.
- *Class 2 **Dipped Candies** - must be four to a plate.
- *Class 3 **Molded Candies** - must be four to a plate.
- *Class 4 **Cooked Candies** - must be four to a plate.
- *Class 5 **Microwave Candies** - must be four to a plate.
- *Class 6 **Candy - Other** (does not fit in above categories) must be four to a plate.



Division 900 - Food Flop

Pay Category # 6

This entry is open to any 4-H member enrolled in a foods project. As 4-H'ers, you are learning by doing. Sometimes we have failures when preparing our exhibits. This class focuses on taking these failures and leaning from them.. This is a county fair exhibit only. Entries must include the following:

1. Name
2. A one-page story on a 8½" x 11" paper telling about your experience, what you learned from it, and what you would do different next time. Include in your story what project you are taking and what the original entry was.
3. Sample of the "Food Flop".

- *Class 1 **Food Flop**

Department E - Food Preservation

Food Preservation Rules

- A. ENTRIES PER INDIVIDUAL - One entry per exhibitor per class.
- B. 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.
- C. 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.
- D. 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.
- E. CURRENT PROJECT - All canning must be the result of this year's 4-H project, since September 1, 2007.
- F. 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.
- G. The Butler County Fair Board is not responsible for lost, damaged or broken exhibits.



Division 407 - Food Preservation

Pay Category #4

- 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 E. 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 E 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 E. for special labeling instructions.

D. Exhibits that are dangerous or improperly prepared will be refused entry.

- *Class 1 **Archery Educational Display** - Poster or display concerning Archery as part of the Shooting Sports project. Must be mounted on 1/4" or 3/8" thick plywood, Masonite, or similar panel, 24" x 24" (24" High x 22" Wide will be accepted). Display must be three-dimensional NOT to exceed 2" from face of poster. Display may include safety, building or using equipment, or any aspect of Archery.
- *Class 2 **Archery Accessory** - Any accessory such as quivers, targets, possible boxes, survival kits, etc. All items must be made by the exhibitor except for such items as a broadhead collection.
- *Class 3 **Archery Equipment** - Includes all archery equipment which has been made by the exhibitor. NO BOWS are allowed due to safety and theft factors. Examples of acceptable items would be: arrows, hand-chipped flint arrow head, etc. Bows built by exhibitor may be shown in photo story in this class.
- *Class 4 **Rifle/BB Gun/Air Rifle Education Display** - Poster or display concerning Rifle/BB Gun/Air Rifle as part of the Shooting Sports project. Must be mounted on 1/4" or 3/8" thick plywood, Masonite, or similar panel 24" x 24" (24" high x 22" wide will be accepted). Display may be three-dimensional, NOT to exceed 2" from face of poster. Display may include safety building or using equipment, or any aspect of Rifle/BB Gun/Air Rifle.
- *Class 5 **Rifle Accessory** - Any accessory such as shooting mats, slings, targets, etc. that have been made by the exhibitor. All items must be safe to display.
- *Class 6 **Rifle Equipment** - Include all equipment made by the exhibitor NOT including rifles. Examples: stocks, gun racks, target stands, etc. (May not duplicate accessories). Custom firearms maybe shown in a photo story in this class.
- *Class 7 **Shotgun Educational Display** - Poster or display concerning shotguns as part of the Shooting Sports project. Must be mounted on 1/4" or 3/8" thick plywood, Masonite, or similar panel, 24" x 24" (24" high x 22" wide will be accepted). Display may be three-dimensional, NOT to exceed 2" from face of poster. Display may include safety, building, or using equipment, or any aspect of Rifle/BB Gun/Air Rifle.
- *Class 8 **Shotgun Accessory** - Any accessory such as trap vests, trap bags, etc. NO FIREARMS MAYBE DISPLAYED. All items must be safe to display.
- *Class 9 **Shotgun Equipment** - Any equipment made by the exhibitor such as custom stock, etc. NO FIREARMS MAY BE DISPLAYED.
- *Class 10 **Muzzleloading Educational Display** - Poster or display concerning muzzleloading as part of the Shoot Sports project. Must be mounted on 1/4" or 3/8" thick plywood, Masonite, or similar pane. 24" x 24" (24" high x 22" wide will be accepted). Display may be three-dimensional, NOT to exceed 2" from face of poster. Display may include safety, building or using equipment, or any aspect of muzzleloading.
- *Class 11 **Muzzleloading Accessories** - Any accessory such as: possible bag, clothing, pouch, powder horn, etc. All items must be safe to display.
- *Class 12 **Muzzleloading Equipment** - Includes all equipment made by the exhibitor. NO FIREARMS MAY BE DISPLAYED. Custom-made muzzleloaders may be shown in a photo story in this class.
- *Class 13 **Pistol Educational Display** - Poster or display concerning pistol as part of the Shooting Sports project. Must be mounted on 1/4" or 3/8" thick plywood, Masonite, or similar panel 24" x 24" (24" high x 22" wide will be accepted). Display may be three-dimensional, NOT to exceed 2" from face of poster, Display may include safety, building or using equipment, or any aspect of pistol.
- *Class 14 **Pistol Accessory** - Any accessory such as: holster, belt, shell holder, etc. that has been made by the exhibitor. All items must be safe to display.
- *Class 15 **Pistol Equipment** - Includes all equipment made by the exhibitor. Examples: pistol-grip, custom sights, etc. NO FIREARMS MAY BE DISPLAYED. Pistols which are custom-made or refinished by exhibitor may be shown in a photo story in this class.
- *Class 16 **Wildlife Educational Display** - Poster or display concerning Wildlife and/or Hunting Lore as part of the Shooting Sports project. Must be mounted on 1/4" or 3/8" thick plywood, Masonite, or similar panel 24" x 24" (24" high x 22" wide will be accepted). Display may be three dimensional, NOT to exceed 2" from face of poster. Display may include safety, habitat, species characteristics, or any aspect of wildlife.
- *Class 17 **Wildlife Accessory** - Accessories could be: wildlife habitat maps, nesting boxes, waterers, etc. All items must be made by exhibitor. All items must be safe to display.