

# 4-H FOODS & NUTRITION

## Superintendents

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## Junior Superintendents

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**Judging to take place @ Church of Christ, Main Street, Stafford beginning at 9:00 a.m. July 12, 2017. 4-Hers must schedule a judging appointment by Friday, July 7th by calling the Extension office at 549-3502.**

1. READ GENERAL RULES & REGULATIONS
  2. Class 1095 - 1098 Place Setting are open to ALL phases and are NOT required for completion of a project.
  3. A member may make 1 entry per class. Pre-entry is required for all exhibits.
  4. Recipes in the foods' project books are only guidelines. Comparable recipes from other sources may be used.
  5. **Copies of recipes are required to be with the exhibit or the product will not be judged.** Secure recipe to bag with tape or twist tie. Recipes can be handwritten or computer generated
- NOTE: NO MIXES IN RECIPES** except in the Beginner Division. Beginners must indicate "mix" on entry card. (EG. Cake mixes, cookie mixes) **All products for Intermediate and Senior levels must be made from scratch.**
6. Remove baked products from pans and place on desirable size disposable plate or on covered cardboard cut to fit the size of the product. Place in clear bag. The entire product must be entered.
  7. Pies & Coffee Cakes are required to be in disposable pans.
  8. All unfrosted cakes shall be exhibited in upright position with top crust showing except for those cakes made with special designs such as Bundt cakes. They should have top crust side down.
  9. Foods with custard and cream cheese type fillings and frostings, or foods requiring refrigeration cannot be exhibited due to food safety regulations.
  10. All exhibits are to be labeled when entered. Labels are available from the Extension Office and should be pasted on the bottom side of the plate or cardboard.

**NOTE:** The product should also be labeled with the name of the product, being specific. This is for the Food sale ONLY. (Example: Banana Nut Bread, Whole Wheat Raisin Bread)

11. All champion and reserve champion products are eligible to be sold during the Premium Auction. Refer to Premium Auction General Rules & Regulations for details.
12. Educational Exhibits in Foods & Nutrition division can be a poster, notebook, or display showing and describing something learned, a project activity done, a food-nutrition community service program, etc. Should relate to things done in the project in which member is enrolled. Please see Notebooks, Posters & Self Determined Department for classes.
13. Recipes that call for alcohol are not allowed and will be disqualified

## AWARDS:

**Overall Grand Champion Trophy** - Sponsored by Randy and Kim Fritzscheier - Stafford, KS

**Overall Reserve Grand Champion Trophy** - Sponsored by The Gathering Place - Stafford, KS

## BEGINNING FOODS (7-9 yrs)

### CLASS

- 1030 - **Cookies/Brownies in a Jar**, made from one recipe
- 1031 - **No Bake Cookies, 4 samples**, made from one recipe
- 1032 - **Cookies, 4 samples**, made from one recipe, mix or scratch
- 1033 - **Muffins, 4 samples**, made from one recipe, mix or scratch
- 1034 - **Cake - single layer, batter**, 1 whole product 8" or 9" round or square, unfrosted - NO TOPPINGS, from a mix or from scratch
- 1035 - **Snack mix or granola**, 1 cup
- 1036 - **Cupcake, 4 samples**, frosted with liner, from mix or scratch
- 1037 - **Food Flop**, Just for fun! Bread not rise, cake fell, yeast rolls resemble door stops? If so, bring it in to be evaluated! This could be your most educational exhibit—learn from your mistakes. No ribbons or premiums will be awarded.
- 1348 - **Poster** - Any Individual Project
- 1356 - **Educational Display** - Any Individual Project

## INTERMEDIATE FOODS (10-13 yrs)

### CLASS

- 1042 - **Cookies, 4 samples**, made from one recipe
- 1043 - **Quick Bread, 1 loaf**, fruit or nuts may be added
- 1044 - **Muffins, 4 samples**, made from one recipe, fruits or nuts may be used
- 1045 - **Decorated Cupcake**, frosted with liner, 4 samples
- 1046 - **Cake - Single layer batter**, 8" or 9" Round or square, frosted or unfrosted - NO TOPPINGS
- 1047 - **Bundt Cake**, 1 whole product
- 1048 - **Specialty bread**, 1 whole product (tea ring, 4 sweet rolls, cinnamon bread, Sourdough, 4 pretzels, 4 bread sticks, etc.)
- 1049 - **Coffee Cake**, 1 whole product, NO YEAST
- 1050 - **1 loaf or 4 rolls yeast bread** - white
- 1051 - **1 loaf or 4 rolls yeast bread** - any grain
- 1052 - **Food Flop**, Just for fun! Bread not rise, cake fell, yeast rolls resemble door stops? If so, bring it in to be evaluated! This could be your most educational exhibit—learn from your mistakes. No ribbons or premiums will be awarded.
- 1349 - **Poster** - Any Individual Project
- 1357 - **Educational Display** - Any Individual Project

## ADVANCED FOODS (14+ yrs)

### CLASS

- 1054 - **Cookies, 4 samples**, made from one recipe
- 1055 - **Muffins, 4 samples**, made from one recipe, fruits or nuts may be used
- 1056 - **Quick Bread**, 1 loaf, fruit or nuts may be added
- 1057 - **Cake**, two layer batter, frosted, 8" or 9" round or square
- 1058 - **Coffee Cake**, 1 whole product, NO YEAST
- 1059 - **1 loaf or 4 rolls Yeast Bread**, White
- 1060 - **1 loaf or 4 rolls Yeast Bread**, any grain
- 1061 - **Specialty bread**, 1 whole product (tea ring, 4 sweet rolls, cinnamon bread, Sourdough, 4 pretzels, 4 bread sticks, etc.)
- 1062 - **Angel Food Cake**, 1 whole product
- 1063 - **Yellow Sponge Cake**, 1 whole product
- 1064 - **Chiffon Type Cake**, 1 whole product
- 1065 - **Bundt Cake**, 1 whole product
- 1066 - **Fruit Pie** - 2 crust, 1 whole product, NO CREAM PIES OR CANNED FILLINGS ACCEPTED
- 1067 - **Food Flop**, Just for fun! Bread not rise, cake fell, yeast rolls resemble door stops? If so, bring it in to be evaluated! This could be your most educational exhibit—learn from your mistakes. No ribbons or premiums will be awarded.
- 1350 - **Poster** - Any Individual Project
- 1358 - **Educational Display** - Any Individual Project

## SENIOR ADVANCED FOODS

### CLASS

- 1073 - Quick Bread**, 1 loaf  
**1074 - Cake** - 2 layer batter, 1 whole product, 8" or 9" round or square, frosted  
**1075 - White Yeast Bread**, 1 loaf or 4 rolls, made from one recipe  
**1076 - Yeast bread**, 1 loaf or 4 rolls, made from one recipe, any grain  
**1077 - Specialty bread**, 1 whole product (tea ring, 4 sweet rolls, cinnamon bread, Sourdough, 4 pretzels, 4 bread sticks, etc.)  
**1078 - Angel Food Cake**, 1 whole product  
**1079 - Yellow Sponge Cake**, 1 whole product  
**1080 - Chiffon Type Cake**, 1 whole product  
**1081 - Bundt Cake**, 1 whole product  
**1082 - Fruit Pie** - 2 crust, 1 whole product, NO CREAM PIES OR CANNED FILLINGS ACCEPTED  
**1083 - Food Flop**, Just for fun! Bread not rise, cake fell, yeast rolls resemble door stops? If so, bring it in to be evaluated! This could be your most educational exhibit—learn from your mistakes. No ribbons or premiums will be awarded.  
**1350 - Poster** - Any Individual Project  
**1358 - Educational Display** - Any Individual Project

## FOOD GIFT PACKAGE

A food gift package MUST contain at least 3 different food items, prepared by the 4-Her, in a suitable container no larger than 18" x 18" x 18". Prepared food items must have recipes attached with the entry. Additional homemade food items beyond the 3 minimum, or purchased items may also be included in the gift basket. On the back of a 3 x 5 card, answer these questions: a) what is the intended use; b) what food safety precautions were taken during and after preparation? This entry will count as a non-perishable food product, not as an educational exhibit. Home canned foods must follow Food Preservation rules. Canning jars should not be used for baking per manufacturer's instructions. They could break during baking. A decorated food item MUST BE a food item, not a decorated box. No alcoholic beverages are allowed in the exhibit.

### CLASS

- 1089 -Intermediate** Food Gift Package.  
**1090 -Advanced** Food Gift Package.  
**1091 -Sr. Advanced** Food Gift Package.

## PLACE SETTING

**1097 - Junior - Snack Menu included on a 3 x 5 card (no centerpiece required)**

### JUDGING GUIDE FOR JUNIOR LEVEL 100 POINTS POSSIBLE

- 25 - menu
- 25 - Correlation of appointments
- 25 - Placement of appointments
- 25 - originality

- 1098 - Intermediate**  
**1099 - Senior**  
**1100 - Senior Advanced**

Plan a menu chosen appropriate for Intermediate, Senior, Senior Advanced in foods project: Plan the menu for a meal of your choice. Menu should focus on the new My Plate guide for a nutritious diet, showing moderate use of fats, sodium and sugar. Menu should be placed on an 8 1/2 x 11 sheet of paper and should correlate with centerpiece and decorations used. Computer generated graphics and pre printed paper are suitable for use.

## JUDGING GUIDE FOR PLACE SETTINGS FOR LEVELS JUNIOR, SENIOR, SENIOR ADVANCED 100 POINTS POSSIBLE

- 20 - Menu
- 20 - Correlation of appointments
- 20 - Placement of appointments
- 20 - Centerpiece
- 20 - Originality



## 4-H FOOD PRESERVATION

1. READ GENERAL REGULATIONS.
2. All exhibits must have been preserved since the previous year's county fair.
3. Exhibits MUST be sealed in clean standard jars, half pints, pint, etc. with 2-piece lids. Lids must match jar brands. No blue or green jars allowed.
4. Recommended method of preservation must be used. Recipes must be from 1995-present. Processing methods that will be disqualified include: open kettle, oven canning, and sun canning. Un-tested recipes will be disqualified for food safety reasons.
5. Alcohol is not allowed as an ingredient in food preservation entries. Entries with alcohol in the recipe will be disqualified and not judged.
6. Each Exhibit must have the complete recipe and instructions attached with the entry card, or it will be lowered one ribbon placing. Recipe must include exhibitor name, recipe source, date of publication, and altitude of residence.
7. Exhibits must be sealed in clean, clear standard canning jars, with matching brand (ex: use Ball lids on Ball jars, or Kerr lids on Kerr jars, etc) no piece lids. Do not use colored jars. Do not add fancy padded lids, fabric over wraps, or cozies as the interfere with the judging process. No fancy packs unless recipe states to do so (ex: Pickled asparagus). Jars must be sealed when entered. For food safety reasons, the size of jars used must not be larger than the jar size stated in the recipe.

Note: There are 12-ounce and 24-ounce canning jars available and may be used. Use pint jar process recommendations for 12 ounce jars. Use quart jar process recommendation for 24 ounce jars

8. Each jar must be labeled. The label must not cover brand name of jar. The label must give: Class Number, Product, Altitude of Residence, Canning Method (water bath, weighted gauge or dial gauge pressure method), Process Time, Pressure (psi), date processed including month and year, Name, and County/District. Labels may be obtained from at the Extension Office.

9. Classes 1106– 1110 will require one jar for each class

10. Dried foods—Suggested Amount: 1/3 –1/2 cup, or three or four pieces per exhibit. All meat jerky must be cooked to an internal temperature of 160 degrees F before or after drying. Dried products must include the recipe and preparation steps. Jerky not heated to an internal temperature of 160 degrees F will be disqualified and not be judged. Heating information can be found in "Dry Meat Safely at Home."

### CLASS

- 1106 - Fruits, juices, tomatoes**, 1 jar  
**1107 - Sweet spreads**, 1 jar (includes preserves, butters, conserves, jams, marmalades, and jellies)  
**1108 - Low acid vegetables**, 1 jar  
**1109 - Pickles and relishes**, 1 jar  
**1110 - Meats**, 1 Jar  
**1111 - Dried foods**, 1 small jar, clear plastic bag, or other see-through container