

4-H Healthy Lifestyles Food & Nutrition

DEPARTMENT 39 HEALTHY LIFESTYLES FOOD & NUTRITION - SAFETY CAKE DECORATING FOOD PRESERVATION

Pre-Entry Deadline: July 7 (paper); July 14 (online)

Trophies, Awards, Sponsors

Wal-Mart SuperCenter #2784 - Sr. Division All-Star Champion Exhibitor

McDonalds Restaurant - Intermediate Div. All-Star Champion Exhibitor

McDonalds Restaurant - Jr. Division All-Star Champion Exhibitor

Red Star Yeast Company LLC - Champion and Reserve

Champion baked yeast product awards to class winners.

Yeast packets for participants in Foods classes.

Gage County 4-H Council - Champion Theme Exhibit



FOODS THEME EXHIBITS - Division 1

SWEET THINGS HAPPEN AT THE GAGE COUNTY FAIR 4-H THEME EXHIBITS

Premium \$2.00 Non-Competitive 2015 Theme Ribbon

Open to 4-H member enrolled in Foods project. Item must be homemade. Include recipe/directions on half sheet, 8 1/2"x11" paper. Exhibit 4 on a plate, 3/4 of a loaf, 1 cup, etc. Poster size 8 1/2" x 11". Food products must be safe to eat after an extended length of time without refrigeration. Maximum 10 entries per exhibitor.

1. Sweet Yeast Bread or Rolls
2. Heart-shape Cinnamon Rolls (4 on a plate)
3. Fruit Pie
4. Baked History Interview - poster with photo 8 1/2" x 11"
5. Altered Cookie Cutter/s Wall Accessory
6. Gingerbread House/Barn/Structure (base max. 12" x 12")
7. Centerpiece Featuring Candies
8. Red Velvet Cake (6"x6" corner)
9. Sweet Snack (1 c. in ziploc bag)
10. Lowfat Sweet Treats (baked)
11. Baked Product using Honey as Sweetener
12. Theme Exhibit of Choice

Food Preservation - canned (1 jar) or dried (1 c. in self-sealing bag)

- | | |
|---|-----------------------------|
| 16. 1 Jar Canned Jam/Jelly | 20. 1 Jar Canned Sweet Corn |
| 17. 1 Jar Canned Sweet Pickles | 21. 1 Jar Canned Fruit |
| 18. Dried Tomatoes - 1 c. in self-sealing bag | |
| 19. Theme Exhibit of Choice | |

COUNTY FOODS EXHIBITS - Division 2

ELECTRIC BREAD (BREAD MACHINE)

Premium Category 6

Open to 4-H member enrolled in Foods project. Baked product must be made in bread machine. Use any recipe. On half sheets, 8 1/2" x 11" paper, include name of machine, recipe, and any special techniques used. Resource kit "Electric Bread for Kids" available at Extension Office.

22. White Bread - 3/4 of a loaf
23. Wheat or Mixed Grain Bread - 3/4 of a loaf
24. Sweet Rolls or Specialty Bread - 4 on a plate or 3/4 of a loaf or ring
25. Dinner Rolls (any shape) - 4 on a plate
26. Bread as Art - Basket, cutout/s, animal shapes, colored, etc. (non-edible)
27. Bread Sticks - 4 on a plate
28. French Bread - 3/4 of a loaf
29. Bread with Fruit - 3/4 of a loaf

CHOCOLATE LOVERS CONTEST

Premium Category 6

Open to any 4-H member. No mixes. Recipes must include minimum 1/4 c. cocoa or any chocolate product. Must last duration of the fair. Include recipe. Exhibit 4 on a plate, 1 cup, 3/4 of a loaf of bread, or appropriate amount for judging. 4-H age divisions: Jr. (under age 12) and Sr. (age 12 and older). **Awards: Jane Esau, Chocolate Lover**

<u>Jr. Div.</u>	<u>Sr. Div.</u>	
30.	38.	Baked Dessert (on 6" plate)
31.	39.	Cookies/Bars
32.	40.	Brownies
33.	41.	Chocolate Candy
34.	42.	Chocolate Bread
35.	43.	Decorated Chocolate Cupcakes
36.	44.	Chocolate for Breakfast
37.	45.	Chocolate Photograph - Photo chocolate creatively - 5"x7", mounted on 8"x10" black posterboard, vertical or horizontal

TASTE OF HOME 4-H BAKE SALE

Wednesday, July 22, 10:30 am - 12:30 pm 4-H Inc. Building

GIFTS FROM YOUR KITCHEN

Premium Category 6

Open to 4-H member enrolled in Foods project. **Awards: Gage County 4-H Council** Prepare and package a food gift creatively. Ex: yeast product in a basket, cookies in a decorative tin, etc. Exhibit must include a prepared item (finished product) made by 4-H member, suitable for human consumption. Ex: cookie mix in jar exhibit must include a baked cookie. If item is perishable, enter class # 61 or # 68. On index card indicate whom the gift is intended for and the occasion. 4-H age divisions: Jr. (4-H under age 12), Sr. (4-H age 12 and older).

Jr. Div.	Sr. Div.	
55.	62.	Food Gift - Theme of Your Choice
56.	63.	Theme Food Gift – Sweet Things Happen at the Gage County Fair
57.	64.	Sweet Treats in a Jar/Pail/Bag/Tin
58.	65.	Sweet Treats Featuring Heart/s
59.	66.	Candy Bar Bouquet
60.	67.	Chocolate Lover's Survival Kit
61.	68.	Food Gift Without Prepared Item (perishable item); Ex: soup or dip mix - Theme of Your Choice

FOOD SCIENCE EXPLORATIONS

Premium Category 6

Open to 4-H member enrolled in Foods project.

*69. Food Science Explorations - Show the connection between food and science as it relates to food preparation, food safety, or food production. Exhibit may be a poster or foam core board (not to exceed 22"x30"), computer based presentation printed with note pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook.

FOODS AND NUTRITION POSTER, SCRAPBOOK OR PHOTO DISPLAY

Premium Category 6

Open to 4-H member enrolled in Foods project.

*70. Nutrition or Food Preparation or Career Concept/lesson – Might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" x 30"), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook.

PHYSICAL ACTIVITY AND HEALTH POSTER, SCRAPBOOK OR PHOTO DISPLAY

Premium Category 6

Open to 4-H member enrolled in Foods project.

*71. Physical Activity and Health or Career Concept/lesson - Might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" x 30"), computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook.

FOODS PROJECT INFORMATION

Youth must be enrolled in project to exhibit. Exhibit must be the result of current 4-H project. Item must be made since August 1, 2014. Exhibitors must **enter exhibits Tuesday, July 21, 2:00 - 7:00 pm, 4-H Building.** Entries must conform to directions in each class.

Late, incorrect or incomplete entries will be lowered one ribbon placing.

Commercially prepared mixes are allowed in the Tasty Tidbits Creative Mixes class only. Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be dropped one ribbon placing. Recipes for processed foods used by 4-H members for fair exhibition (except salsa) may originate from any source. All processed/preserved food products must use USDA approved processing methods.

Limit of one entry per class per exhibitor unless otherwise stated.

Recipes should be made from basic ingredients unless otherwise noted.

Bread machine may be used ONLY in technology class or Bread Machine Contest (Electric Bread).

Each baked or edible exhibit must include the recipe on half sheet, 8½"x11" paper.

Recipe may be handwritten, photocopied or typed. Missing recipe will lower exhibit one ribbon placing.

Enter food exhibits on disposable materials. Biscuits, muffins or cookies should be placed on a 6" paper plate. Use a larger plate and bag for larger items. Place exhibit in self-sealing bag. Attach entry tag and recipe at the corner of the bag on the outside. For non-food entries, attach entry tag to the upper right hand corner.

Label each exhibit with exhibitor's name on bottom or back of exhibit. Label recipe and all items with exhibitor's name.

Food products **must be safe to eat when entered for an extended length of time**

without refrigeration or they will be disqualified. 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 dough are considered safe. All fruit fillings must be cooked. Uncooked fruit is not allowed in any exhibit due to spoilage (ex: fresh fruit tart). Cream cheese fillings and/or frostings are not allowed. Meat, dried meat, meat substitute pieces (bacon bits, pepperoni, etc.) or melted cheese toppings are not allowed in food exhibits. They 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. Ingredients that the 4-H member cannot legally purchase, such as beer, whiskey, rum, etc. may not be used in any recipe or exhibit.

No food entries returned except food preservation, pies and decorated cakes.

Non-competitive exhibits receive a rainbow ribbon and premium money designated.

4-H All-Star Champion and Reserve Champion Exhibitor Awards: Age divisions (4-H age January 1, 2015):

Sr. Division - 14 and older

Int. Division - 11-13

Jr. Division - 10 and under

Nebraska State Fair: Classes marked with an * are eligible for State Fair. Exhibitor must be 8 years of age by January 1, 2015 to have an exhibit selected for State Fair. **All static exhibits selected for the State Fair must receive a purple ribbon at county fair judging.** If the presence of the 4-H member is required, they must be 10 years of age by January 1, 2015.

Exhibits released Sunday, July 26, 8:00 pm. No premium money will be given if exhibits are removed before deadline. Remaining exhibits should be picked up Monday, July 27.

MAKING FOODS FOR ME - Division 4

Premium Category 8

Making Foods for Me Workshop

Instructor Kayla Colgrove

73. Making Foods for Me Placemat - Color and laminate (can be clear contact paper). See center page of project manual.

74. Food Cards - Neatly cut and color Food Cards and place in ziploc bag or other secure container. (See Leaders Guide pp. 67-69)

75. Grain Collage - Neatly cut and paste pictures of grains cutout and display in collage. (See Leaders Guide p. 40)

76. Dairy Tasting Party - Complete Dairy Tasting Party Form (manual p. 17). May be copied or cut from manual.

77. Protein Collage - Neatly cut and paste pictures of protein sources and foods display on collage. (See Leaders Guide p. 53)

78. Healthy Snack - 4 cookies, bars, muffins, etc. on a paper plate OR 1 cup of mix. Ex: snack mix made from a cereal base, no-bake cookies, granola bar.

79. No Bake Cookie – 4 on a plate

SIX EASY BITES - Division 5

Premium Category 8

Interview Judging: Tuesday, July 21, 4:00-5:30 pm (select 1 exhibit)

80. Brownie Cents - 4 unfrosted brownies (2 made from scratch and 2 from a mix). Label brownies. Exhibit with answers to questions on page 16 of project manual under "My Discoveries".
81. Muffins - 4 on a plate. Any recipe.
82. Cookies - 4 on a plate. Any recipe.
83. Snack - (granola, trail mix, cereal based snack recipe, etc.) Two bars on small paper plate or at least 1/2 cup of snack product in ziploc bag. Any recipe.

TASTY TIDBITS - Division 6

Premium Category 7

Interview Judging: Tuesday, July 21, 4:00 - 5:30 pm (select 1 exhibit)

84. Baked Microwave Product - Cake, quick bread, cookies, bars, etc. Any recipe. No mixes. At least 3/4 of cake, loaf, etc.
- * 85. Healthy Baked Product - Any recipe, include 3/4 of baked product, 4 muffins or cookies on paper plate. May be baked in disposable pan. Must be made with less sugar, fat or salt; modified to use a sugar or fat substitute; changed to include a whole grain; or be altered for specific allergies/food intolerances. Include original recipe and altered recipe. Write what you learned about products made from altered recipe in supporting information.
- * 86. 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: Poppy Seed Quick Bread from a cake mix, cake mix cookies, streusel coffee cake from a cake mix, sweet rolls made from readymade bread dough, monkey breads from biscuit dough, Streusel Coffee Cake from a cake mix, etc.) Write what you learned from making this product using a mix instead of a homemade recipe or recipe "from scratch". Does it make it better or easier to use a convenience product or mix? Why or why not?
- * 87. Biscuits - Non-yeast product baked from scratch; rolled, dropped, or cut into shape. Any recipe. 4 biscuits on a small paper plate.
- * 88. Unique Baked Product - 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. Recipe must contain a surprise ingredient and must not use a mix. (Ex: Cantaloupe Quick Bread, Pork & Bean Bread, etc.) Write what you learned about making this unique item with an unusual ingredient. What was the anticipated outcome? Would you make it again?
- * 89. Foam Cake - Original recipe (no mixes) of at least 3/4 of the cake. Foam cakes 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.
90. Bread in a Bag - Any recipe, at least 3/4 of a loaf, bread dough mixed in bag.

FAST FOODS - Division 7

Premium Category 6

Interview Judging: Tuesday, July 21, 4:00-5:30 pm (select 1 exhibit)

95. Microwave Product (any recipe or shape) - At least 3/4 of baked product or 4 muffins on a paper plate. May be baked in disposable pan. Include comparison of using a microwave to prepare a baked product and how that affected the time of preparation and quality of the product, and a menu for a complete meal where this recipe is served.
- * 96. Coffee Cake - Any recipe or shape, non yeast product, at least 3/4 of baked product. May exhibit in disposable pan. Include cost of making the recipe and a menu for a complete meal where this recipe is served.
- * 97. Cost Comparison Exhibit - Exhibit must include both the food product made from scratch and the comparable purchased product (Ex: 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 pp. 22-35

of Fast Foods! Manual relating to the Grocery Store Tour and the Store Shopper Tip Sheet (p. 31).

- *98. Fast Food Baked Product – Exhibit must include a food product using a non-traditional method. (Ex: bread machine, cake baked in convection oven, baked item made in microwave, etc.) that saves time in food preparation. Include supporting information that discusses alternative preparation method and how it compares with traditional method.
- *99. Fast Foods Recipe File - Collection of 10 recipes from any source. Recipe must accompany a complete menu in which the recipe is used. Include the number of servings or yield of each recipe. An additional 10 recipes may be added each year 4-H member is enrolled in project with year marked on recipes. Display in recipe file or binder.

YOU'RE THE CHEF - Division 8

Premium Category 6

Bread 101+ Workshop

Instructors Sharon Gydesen & grandkids

Grow & Grind Your Wheat Workshop & Crops Project - Hard Red Winter Wheat

Instructors Sharon Lottman, Lori & Emily Rempel

Exhibits must be made without a bread machine for mixing, raising, or baking of item.

100. Bread Sticks - Any recipe made with yeast. 4 on a plate.
101. Invented Snack - Include 1 cup of invented snack or crackers or chips (any recipe) or sufficient amount for judging. Exhibit with answers to questions on p. 49 in manual under "Kitchen Talk".
- *102. Loaf Quick Bread - Any recipe, 3/4 of a standard loaf (8 1/2" x 4 1/2" or 9" x 5") on paper plate. Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. If mini-loaf pans are used, two loaves must be included in exhibit.
- *103. White Bread - Any yeast recipe; 3/4 of a standard loaf.
- *104. Whole Wheat or Mixed Grain Bread - Any yeast recipe; 3/4 of a standard loaf.
- *105. Specialty Rolls - Any yeast recipe; sweet rolls, bagels, English Muffins, Kolaches, or any other similar recipe that makes individual portions. 4 on a plate.
- *106. Dinner Rolls - Any yeast recipe; clover leaf, crescent, knot, bun, bread sticks, or any other type of dinner roll. 4 on a plate.

FOOD WORKS - Division 9

Premium Category 6

As American As Apple Pie Workshop

Instructors Sharon Lottman, Lori & Emily Rempel

Exhibits must be made without a bread machine for mixing, raising, or baking of item.

4-H members enrolled in this project may enter Food Preservation exhibits.

108. Nutritious Food Prepared with a Child - Answer question #3 under "My Discoveries" on p. 7 of manual. Include a photo of the activity.
109. Yeast Rolls - Any recipe. 4 on a plate.
110. Bread Machine Baked Product - Whole or mixed grain bread, sweet rolls, specialty bread, dinner rolls. Any recipe. 4 on a plate or 3/4 of a loaf.
- *111. Double Crust Fruit Pie - Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crusts. May be double crust, crumb, cut-out, or lattice topping. Using an 8" or 9" disposable pan is recommended. After judging, 4-H member may take all but one piece home.
- *112. Family Food Traditions - Any recipe, at least 3/4 of baked product or 4 muffins or cookies on paper plate. May be baked in disposable pan. Any baked item associated with family tradition and heritage. Include: A) recipe, B) tradition or heritage associated with preparing, serving the food, C) where or who the recipe came from.
113. Cultural Foods Display - Any recipe. Baked product from another country or culture with at least one accessory typical of that country or culture. Name of country or culture should be a prominent part of display. Include recipe of the baked item. On a 3" x 5" card write what was learned about the culture and country, what makes this recipe unique, and when this recipe is served. Attach to the recipe card. Display in a suitable container that allows for item to be transported and

displayed, no larger than 12" deep x 15" wide x 10" high. Accessory items should be securely attached. 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. Include recipe of baked item. Attach exhibitor's name and county/culture to each accessory item, as well as display. Exhibit will be judged on creativity and imagination.

- *114. Cultural Food Exhibit - Any recipe, at least 3/4 of baked product or 4 cookies, bars, muffins, etc. on a paper plate. May be baked in disposable pan. Name of the country, culture or region should be included as part of the supporting information with the recipe, as well as some background information about the country or culture the food is representing.
- *115. Specialty Bread - Any recipe made with yeast (Ex: Tea ring, braid, or any other full-sized specialty bread products). Must exhibit at least 3/4 of a full sized baked product. May be baked in disposable pan.
- *116. Specialty Pastry - 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 items such as 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.

YOUTH IN MOTION - Division 10

Premium Category 7

Remix Your Snack... A Media Workshop

Instructor Kayla Colgrove

Fueling Up for Sports

Instructor Kayla Colgrove

- 120. iMovie or Blog Post
- 121. Workshop Exhibit of Choice
- 122. Poster, Scrapbook or Photo Display - Exhibit about the 4-H member or family, involved in a physical activity or concept/lesson involving this project. May contain pictures, captions, and/or reports about the physical activity the individual or family did as a result of taking this project.
- 123. Activity Bag - A duffel bag or backpack that the 4-H member packs so they are 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. All items must be clean, clearly labeled with an explanation of why it is included. DO NOT include valuable items (i.e. electronics); instead use a picture of the item or include in the listing of items.
- 124. 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. Include the number of servings or yield of each recipe. An additional 10 recipes may be added each year 4-H member is enrolled in project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or box or in a binder.
- 125. Healthy Lifestyle Interview - Interview someone in your life that you admire that is physically active or has a healthy lifestyle. Why do they enjoy their exercise program or lifestyle choices? What are their goals? Why do you admire them? Maximum two pages, one side write-up of an interview of someone who has an active exercise program or has a healthy lifestyle. Consider creativity and neatness. Mount on a 9"x12" colored paper or poster board, or display in a binder. Include a pictures of the person interviewed. May be laminated. Overall size of mounted exhibit no larger than 9"x12".
- 126. Healthy Snack - Four cookies, bars, muffins, etc. on a paper plate or 1 cup of mix. (Ex: granola bars, homemade crackers or chips). See ideas for non-perishable snacks on p. 36. Supporting information to include recipe and why this snack menu might be considered a healthy snack.

HEALTH ROCKS - Division 11

Premium Category 7

Healthy Living Teen Ambassador Workshop

Instructor Kayla Colgrove

- 127. Ambassador Workshop Exhibit of Choice
- 128. You Be the Teacher- Educational notebook, small display, collection of materials that relate to project. Include 8½x11"page describing exhibit and summary of learning.
- 129. Discovering Myself - Poster (14"x22"), notebook or scrapbook. Include information about any of these topics: peer pressure, nutrition, physical fitness, choosing not to smoke, friendships, disabilities, families, decision making, brain power, understanding advertising, behavior, TV violence, self-worth, beliefs, stress, study habits, seat belts, home fire safety, first aid.
- 130. Fun With Friends - Poster (14"x22"), notebook or scrapbook. Using any means, include information about any of these topics: choosing not to smoke, fitness, physical development, choosing not to use alcohol, decision making, friendships, attraction to the opposite sex, communication, values, concept mapping, problem solving, stress, values, cultural differences, sports injuries, bicycle safety, child safety.
- 131. Information about any of these topics: media images, nutrition, physical fitness/exercise, communicating, dating, values, weight control or eating disorders, HIV, depression, personality, stress, life philosophy, elderly, traditions, study habits, time management.
- 132. Preparing for the Future - Poster, notebook or scrapbook. Using any means, include information about any of the following: pregnancy prevention, health habits, skin safety, cancer, dating, relationships, abuse, health screenings, choosing not to use alcohol, problem solving, health decisions, stress, communication, conflict resolution, parenting, maturity, goal setting, careers, resumes, work ethic, advertising.

CAKE DECORATING - Division 12 CUPCAKE & COOKIE DECORATING

Trophies, Awards, Sponsors

Carolyn Schlake - Champion & Reserve Champion - Senior & Junior Divisions

Wilton Enterprises - Best of Show Decorated Cakes;

Best of Show Decorated Cupcakes



VOTER'S CHOICE

Vote for your favorite decorated cake in the 4-H Building, Wednesday noon – Saturday noon. Results announced 4-H Awards Social,

SWEET THINGS HAPPEN AT THE GAGE COUNTY FAIR 4-H THEME EXHIBITS

Premium \$2.00 Non-Competitive 2015 Theme Ribbons

Open to 4-H member enrolled in Cake Decorating. Exhibit may be a shape or decorated with tips and/or edible or nonedible decorations. Baked cake or styrofoam may be decorated.

- 135. Sweet Things Happen at the Gage County Fair Theme Decorated Cake
- 136. Heart-shape Cake or Cake Featuring Hearts

GINGERBREAD HOUSE WORKSHOP

Premium Category 7

Open to 4-H member enrolled in Foods project.

137. Gingerbread House, Barn, Structure – Exhibit on base to substantially support exhibit, maximum 12" x 12".

DECORATED CUPCAKES AND COOKIES

Premium Category 7

Open to 4-H member enrolled in Foods project. Cupcakes and cookies may be home baked or purchased. May use tip/s and/or candy decorations, etc. Exhibit 4 cookies or cupcakes unless otherwise indicated. 4-H age divisions:

Jr. (under age 12) and Sr. (age 12 and older). Do NOT cover exhibit. Enter 4 on a plate (other than class # 150, # 151, # 162)

Jr. Div. Sr. Div.

- | | | |
|------|------|---|
| 140. | 152. | Decorated Cupcakes - Theme of Your Choice |
| 141. | 153. | Decorated Cookies - Theme of Your Choice |
| 142. | 154. | Decorated Cupcakes - "Sweet Things Happen at the Gage County Fair |
| 143. | 155. | Cut Out Sugar Cookies "S W E E T" (frosted and/or decorated); exhibit on base to support cookie letters |
| 144. | 156. | Cookies - Heart-shaped or featuring hearts |
| 145. | 157. | Decorated Cookies – Sweet Things Happen at the Gage County Fair |
| 146. | 158. | Show Your School Spirit Cookies (school colors, mascot, etc.) |
| 147. | 159. | Show Your School Spirit Cupcakes (school colors, mascot, etc.) |
| 148. | 160. | Decorated Cupcakes - You're In Luck (4 Leaf Clover) |
| 149. | 161. | Decorated Cookies - You're in Luck (4 Leaf Clover) |
| 150. | 162. | Cupcake Cake - Display or Arrangement of Decorated Cupcakes |
| 151. | | Cupcake Liner Wreath, Wall Accessory, Original Design |

CAKE DECORATING PROJECT INFORMATION

Baked cake or styrofoam may be decorated. Cake should be exhibited on a sturdy base (plywood, bread board, paneling) which may be covered with paper, plastic doilies or ruffles. Non-edible decorations should not be used on the cake unless specified. Details outlined in Cake Decorating Manual. Make frosting with shortening rather than butter. Fondant may be used in any level exhibit/s. Include recipe if homemade. **Indicate years in cake decorating project on entry tag.**

Exhibitor should sign release form when entering exhibit whether to take cake home after judging or leave it for display.

CAKE, COOKIE OR BROWNIE ON A STICK

Premium Category 7

Open to 4-H member in Cake Decorating. Cake, cookie or brownie pops or balls: bite size balls made of crumbled cake or brownie or cookie mixed with frosting and covered in candy coating, molded or decorated and served on a stick. Exhibit 4 on paper plate.

165. Cake on a Stick
166. Cookie on a Stick
167. Brownie on a Stick

YOUR BIRTHDAY TAKES THE CAKE

Premium Category 6

Open to 4-H member in Cake Decorating.

168. Birthday Cake - Shape or layer/s decorated in any method

CAKE DECORATING

Beginning Level - Premium Category 6

169. One-layer cake decorated with edible items, such as pretzels, candies, etc. No tips.
170. One-layer cake decorated with non-edible items. No tips.
171. One or two layer decorated cake using non-edible decorations and one or more tip/s.
172. One or two layer decorated cake using edible decorations and one or more tip/s.
173. Shape Cake OR Cut-Out Shape Cake - Optional use of tip/s.

Intermediate Level - Premium Category 5

174. One-layer decorated cake using two or more different decorating tips. Sugar molding may be used.
175. Two-layer decorated cake using two or more different decorating tips. Sugar molding may be used.
176. Shape Cake OR Cut-Out Shape Cake - Optional use of tip/s

Advanced Level - Premium Category 4

177. Two-layer decorated cake showing use of three or more different decorating tips. Sugar molding may be used.
178. Three-tiered cake - suggested combination is a 6", 8", and 12".

FOOD PRESERVATION - Division 13

Trophies, Awards, Sponsors

Gage County 4-H Council - Champion & Reserve Jr. Division (under age 12)

Gage County 4-H Council - Champion & Reserve Sr. Division (4-H age 12 and older)

Ball Fresh Preserving Awards, Jarden Home Brands –

Entries must be canned using Ball or Kerr jar & lid - champions in Fruits, Vegetables, Pickles, Soft Spreads.



FOOD PRESERVATION PROJECT INFORMATION

All canning must be the result of this year's 4-H project, since August 1, 2014.

Current USDA processing methods must be followed for food preservation. See

<http://food.unl.edu/web/preservation/home>

Recipes for processed foods used by 4-H member for fair exhibition (except salsa) may originate from any source. 4-H member exhibiting salsa must use an approved USDA recipe in addition to using approved processing methods. See the USDA guide for approved salsa recipes and approved processing methods for all processed/preserved foods.

Jams, 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.

Spoilage or unsealed container disqualifies entry.

Jars and type of lid should be the same size, all small or all large, not necessarily the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated by exhibitor. Canning jars must be used, others will be disqualified. One-fourth pint jars NOT allowed. Leave jar rings on for fair display; it helps protect the seal. No zinc lids. Improperly canned or potentially hazardous food items will be disqualified. Multiple jar exhibits should be contained in a small undecorated box/container.

Recipe - Labeling: Recipe must be included, may be handwritten, photocopied or typed.

Commercially prepared mixes are not allowed. See

<http://food.unl.edu/web/preservation/home> for current USA guidelines, how to find your Nebraska altitude, and proper procedures for food preservation. Jars should be labeled with name of 4-H member, county, name of product and date of processing. Write plainly on a label and paste or tape securely on jar bottom.

Canned foods Supporting Information: Must include: 1) Method of preservation (pressure canner or water bath canner), 2) Type of pack (raw pack or hot pack), 3) Altitude (and altitude adjustment, if needed), 4) Processing time, 5) Number of pounds of pressure (if pressure canner used), 6) Recipe and source of recipe (if a publication, include name and date). Recipe can come from any source but current USDA guidelines for food preservation methods must be followed.

Dried foods must include the following supporting information: 1) Recipe and recipe source, 2) Method of pretreatment, 3) Drying method and drying time. Write plainly on label and attach securely exhibit. Securely attach entry tag to exhibit. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep exhibit containing the 3 self-sealing bags together.

Premium Category 6

- 180. Dried Fruit Roll-Up - Exhibit 3 different samples, in self-sealing bag.
- *181. Dried Fruit - Exhibit 3 different examples of dried fruit (6-10 pieces, minimum 1/4 cup) in separate self-sealing bags. Use rubber band or "twisty" to keep exhibit together.
- *182. Dried Fruit Leather - Exhibit 3 different examples of 3 different fruit leathers, 3-4" sample of each fruit in self-sealing bag. Use rubber band or "twisty" to keep exhibit together.
- *183. Dried Vegetables - Exhibit 3 different samples of different vegetables, 1/4 cup of each, in separate self-sealing bags. Use "twisty" to keep exhibit together.
- *184. Dried Herbs - Exhibit 3 different samples of dried herbs, 1/4 cup of each, in separate self-sealing bags. Use "twisty" to keep exhibit together.
- *185. 1 Jar Fruit Exhibit - 1 jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.
- *186. 3 Jar Fruit 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. Entry must be processed in the boiling water bath according to current USDA recommendations.
- *187. 1 Jar Tomato Exhibit - 1 jar of a canned tomato product. Entry must be processed in the boiling water bath or pressure canner according to current USDA recommendations.
- *188. 3 Jar Tomato Exhibit - 3 jars of different canned tomato products. Ex: salsa, sauces without meats, juice, stewed, etc. Entry must be processed in the boiling water bath or pressure canner according to current USDA recommendations.
- *189. 1 Jar Vegetable or Meat Exhibit - 1 jar of a canned vegetable or meat canned in a pressure canner according to current USDA recommendations.
- *190. 3 Jar Vegetable Exhibit - 3 jars of different kinds of canned vegetables, canned only in a pressure canner according to current USDA recommendations.
- *191. Quick Dinner - Exhibit minimum 3 jars to maximum 5 jars, uniform size, plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on 3"x5" card and attach to one of the jars. Entry must be processed according to current USDA recommendations.
- *192. 1 Jar Pickled Exhibit - 1 jar of a pickled and/or fermented product processed in the boiling water bath according to current USDA recommendations.
- *193. 3 Jar Pickled Exhibit - 3 jars of different kinds of canned pickled and/or fermented products processed in the boiling water bath according to current USDA recommendations.
- *194. 1 Jar Jelled Exhibit - 1 jar of a jam, jelly or marmalade processed in the boiling water bath according to current USDA recommendations.
- *195. 3 Jar Jelled Exhibit - 3 different kinds of jellied products, pints or 1/2-pints, but of uniform size. Must be processed in the boiling water bath according to current USDA recommendations.

SAFETY/FIRST AID - Division 14

Premium Category 4

- * 200. First Aid Kit - First aid kit is a good way to organize supplies in an emergency. Kit should be assembled in a container appropriate for the kit's intended use. Description of where the kit will be stored and examples of specific emergencies for that situation should be included in the exhibit. Kit should include a written inventory and purpose statement for included items. Items should cover the following areas: airway and breathing, bleeding control, burn treatment, infectious disease protection, fracture care and miscellaneous supplies. See Citizen Safety Manual, 4-H425, pp.6-7

Note: Kit containing any of the following will be disqualified: 1) Prescription medications. If the purpose of the kit is to provide medication for someone with special needs, explain in written description and inventory, but remove the

medication. 2) Materials with expiration dates on or before the judging date. This includes sterile items, non-prescription medications, ointments, salves, etc. Materials dated month and year only are considered expired on the last day of that month. 3) Any controlled substance.

- * 201. Disaster Kit (Emergency Preparedness) - Kit must contain the materials to prepare a person/family for emergency conditions caused by a natural or man-made incident. Selection of materials is left to the exhibitor. Family or group kits must have enough material or items for each person. A description of the kit's purpose, the number of people supported and a list of contents is required. Exhibitor is encouraged to test their kit by challenging their family to try to survive using only the included materials for the designated time. If tested, share that experience in kit documentation. Include an explanation of drinking water needs for your disaster kit. Do not bring actual water in the kit.

Premium Category 7

- * 202. Safety Scrapbook - Include 15 news articles from print and/or Internet sources about various incident types. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. Scrapbook should be bound in a standard size hardcover binder/notebook for 8 1/2"x11" paper. Correct sentence structure, readability, thorough explanations are an important part of judging.
- * 203. Safety Experience - Exhibit should share a learning experience the exhibitor had related to safety. Ex: participating in a first aid or first responder training, farm safety day camp, babysitting workshop or similar event, scientific experiment related to safety; or the youth's response to an emergency situation. Exhibit should include a detailed description of the experience, the exhibitor's role, some evidence of the exhibitor's leadership in the situation and a summary of the learning that took place. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to 10 pages of narrative and pictures, or a multimedia presentation on a CD, maximum 5 minutes.
- * 204. Careers in Safety - Exhibit should identify a specific career area in the safety field and include education and certification required for available positions, salary information, demand for the field and a summary of the exhibitor's interest in the field. Ex: firefighters, paramedics, emergency management personnel, some military assignments, law enforcement officers, emergency room medical personnel, fire investigator and more. It is recommended exhibitor interview a professional in the field in their research. Additional research sources might include books, articles, career websites, job-related government websites or interview with career placement or guidance counselors. Exhibit may be presented in a poster with supplemental documentation, a notebook including up to 10 pages of narrative and pictures, or a multimedia presentation on a CD, maximum 5 minutes.
- 205. You Be the Teacher - Educational notebook, display, collection of materials that relate to project. Include 8 1/2"x11" page describing exhibit and summary of learning.
- 206. Poster - 14"x 22"

4-H Friends are Forever

FIRE SAFETY - Division 15

Premium Category 7

- * 207. Fire Prevention Poster - Should promote a fire prevention message and be appropriate to display during National Fire Prevention Week or to promote fire safety at specific times of the year (Halloween, 4th of July, etc.). Originality, clarity and artistic impression will be judged. Do not include live fireworks, matches or other flammable/explosive/hazardous materials. Poster must be constructed of commercial poster board at least 11"x14", but no larger than 22"x28".
- * 208. Fire Safety Poster - Home floor plan drawn to scale showing primary and secondary escape routes and where fire extinguishers and smoke detectors are located. Draw every room, including all doors and windows. Use black or blue arrows showing primary escape routes from each room. Use red arrows showing secondary routes to use if the primary routes are blocked. Primary and secondary escape routes must lead outside to an assembly location. Documentation should include evidence the escape plan has been practiced at least four times. Poster must be constructed of commercial poster board at least 11"x14" but not larger than 22"x28".
- * 209. Fire Safety Scrapbook - Must contain 10 news articles from print and/or internet sources about fires to residential or commercial properties or landscapes. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. Scrapbook should be bound in a standard size hardcover binder or notebook for 8 1/2"x11" paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

ALL-TERRAIN VEHICLE SAFETY - Division 16 BICYCLE SAFETY

Premium Category 7

- 210. Demonstration Display - Show some part or system of a bicycle or ATV, worn or broken parts, step-by-step repair procedure, etc. Include brief description. Display on a board 24" high x 32" wide x 1/4" thick.
- 211. Tool Box - Put together a tool box using guidelines from project manual/s. Include a description of intended use and a list of contents.
- 212. You Be the Teacher - Educational notebook, display, collection of materials that relate to project. Include 8 1/2"x11" page describing exhibit and summary of learning. Ex: parts of a machine, safety rules, picture poster, etc.
- 213. Bicycle Poster - 14" x 22"
- 214. 4-Wheelin' Physics Poster - 14"x22"
- 215. ATV Poster - 14" x 22"
- 216. Exhibit of Choice
- 217. Club Exhibit – Show learnings of members in project

TRACTOR SAFETY - Division 17

Premium Category 7

- 220. Tractor Demonstration Display - Show some part or system of a tractor. Include a brief description of how the part/system functions. Display on a board 24"high x32"wide x1/4" thick.
- 221. Poster - 14" x 22"
- 222. You Be the Teacher - Educational notebook, display, collection of materials that relate to project. Include 8 1/2"x11" page describing exhibit and summary of learning.