Foods
Department E, Division 400, 401, 402, 300, 411, 413, 407, 415, 420
Superintendent – Tory McVicker
Asst. Superintendent – Ellie Walls

General Rules
A. Members may exhibit only in the project in which enrolled.
B. Only one exhibit per class number.
C. All products must be homemade and the product of the exhibitor.
D. Labels - For all Food Products and Food Preservation Entries - Each exhibit must include the recipe. Recipe may be handwritten, 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.

E. Criteria for Judging – Exhibits will be judged according to score sheets available at http://4h.unl.edu/nebraska-state-fair-4-h-scoresheets Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered a ribbon placing. Commercially prepared mixes are allowed only in the Tasty Tidbits Creative Mixes (Class E410002) exhibit. Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be lowered a ribbon placing. Enter food projects in disposable materials, i.e., paper plate and plastic self sealing bag.
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 dough are considered safe. Uncooked fruit is not allowed in any exhibit due to spoilage (ie fresh fruit tart). All fruit must be cooked. Cream cheese 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.
G. Entries per individual for State Fair. The State Fair limits one entry per exhibitor per class. A limit of three entries per exhibitor in Foods and Nutrition.

Division E401, Six Easy Bites
E401001 Cookies (any recipe) (SF124) -Four on a paper plate.
E401002 Muffins (any recipe) (SF124) -Four on a paper plate.
E401003 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.
E350001*  **FOOD SCIENCE EXPLORATIONS**  (Scoresheet SF152)

Open to any 4-H’er enrolled in a Foods and Nutrition project. 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” 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. Consider neatness and creativity.

E350002*  **FOODS, and NUTRITION Poster, Scrapbook, or Photo Display**  Scoresheet SF 122 –

Open to any 4-H’er enrolled in a Foods and Nutrition project, involving a nutrition or food preparation or career concept/lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22” by 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. Consider neatness and creativity.

E350003*  **PHYSICAL ACTIVITY and HEALTH Poster, Scrapbook, or Photo Display**  Scoresheet SF 122

Open to any 4-H’er enrolled in a Foods and Nutrition project, involving a physical activity or career concept/lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22” by 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. Consider neatness and creativity.

**Division E402, Fast Foods!**

E402001*  **Coffee Cake** (any recipe or shape, non yeast product) (SF129) - 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.**

E402002*  **Cost Comparison Exhibit** (SF132) – Exhibit must include a food product made from scratch and comparable purchased product (for example, homemade cinnamon rolls compared to a pre-made 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.

E402003*  **Fast Food Baked Product** (SF133) - Exhibit must include a food product prepared using 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 alternative preparation method and how it compares with traditional method.**

E402005*  **Fast Foods Recipe File** (SF251a) – Collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. As additional 10 recipes may be added each year 4Her is in project with year clearly marked on recipes. Display in recipe file or in a binder. **Be sure to include the number of servings or yield of each recipe.**
Division E410, Tasty Tidbits

E410001* Healthy Baked Product (SF123) – 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. Exhibit must include ¾ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Include original recipe and altered recipe. Write what you learned about products made from an altered recipe in supporting information.

E410002* Creative Mixes (SF142) - (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, sweet rolls made from ready made bread dough, monkey breads from biscuit dough, streusel coffee cake from a cake mix, etc.) Write what you learned about making this product using a mix instead of a homemade recipe “from scratch”.

E410003* Biscuits (SF136) - Four biscuits on a small paper plate. This may be any type of biscuit - rolled, dropped, any recipe. Recipe must be a non-yeast product baked from scratch.

E410004* Unique Baked Product (SF2012-001) Any recipe, at least ¾ 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?

E410005* Foam Cake (SF134) – 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.

Division E411, You’re the Chef

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods – Food Technology exhibit. All exhibits made in the You’re the Chef and Foodworks Project areas must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

E411001* Loaf Quick Bread (any recipe) (SF128) – At least ⅔ of a standard loaf displayed on a paper plate. Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. A standard quick bread loaf measures approximately 8 ½” x 4 ½” or 9” x 5”. If mini-loaf pans are used for exhibit, two loaves must be presented for judging.

E411002* White Bread (any yeast recipe) (SF138) - At least 3/4 of a standard loaf displayed on a paper plate.

E411003* Whole Wheat or Mixed Grain Bread (any yeast recipe) (SF138) - At least 3/4 of a standard loaf displayed on a paper plate.

E411004* Specialty Rolls (any yeast recipe) (SF138) – 4 rolls on a paper plate. May be sweet rolls, English Muffins, Kolaches, Bagels, or any other sweet roll recipe.

E411005* Dinner Rolls (any yeast recipe) (SF138) – 4 rolls on a paper plate. May be Clover Leaf, Crescent, Knot, Bun, Bread Sticks, or any other type of dinner roll.
Division E413, Foodworks

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods – Food Technology exhibit. All exhibits made in the You’re the Chef and Foodworks Project areas must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

E413001* Double Crust Fruit Pie (SF144) - Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or pre-made pie crusts. May be a double crust, crumb, cut out or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended.

E413002* Family Food Traditions – (any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan) Any baked item associated with family tradition and heritable. Entry must include recipe, tradition or heritage associated with preparing & serving the food and where or who the traditional recipe came from.

E413003* Cultural Food Exhibit (any recipe) (SF146) – at least 3/5 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. The 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 item is representing.

E413005* Specialty Bread (any recipe made with yeast) (SF141) – Tea rings, braids, or any other full sized specialty bread products. Must exhibit at least ¾ of a full sized baked product. May be baked in a disposable pan.

E413006* Specialty Pastry (any recipe) (SF143) – 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 ¾ of baked product.

FOOD PRESERVATION RULES

A. Processing methods. Current USDA processing methods and altitude adjustments 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. Improperly canned or potentially hazardous food items will be disqualified.

C. 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 USDA guidelines, how to find your Nebraska altitude and proper procedures for food preservation. Write plainly on a label and paste or tape securely on jar bottom. Specialized sticky labels are not required.

All canned foods must include the following information on the label of the item:

1. Type of food
2. Method of preservation (pressure canner or water bath canner)
3. Type of pack (raw pack or hot pack)
4. Altitude and altitude adjustment if needed
5. Processing time
6. Number of pounds of pressure if pressure canner used
7. Date processed
8. 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. See http://food.unl.edu/web/preservation/home for current USDA Guidelines.

All dried foods must include the following information on the label of the item
1. Recipe and recipe source
2. Method of pretreatment
3. 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.

D. Current project. All canning must be the result of this year's 4-H project, since September 1 of the previous year.

E. Criteria for judging. Exhibits will be judged according to score sheets available at http://4h.unl.edu/nebraska-state-fair-4-h-scoresheet 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.

F. The Box Butte County Fair Board, University of Nebraska Box Butte County Extension or Box Butte County 4-H Council or the Nebraska State Fair Board are not responsible for lost, damaged or broken exhibits.

Division E407, Food Preservation
E407001* Dried Fruit (SF147) - 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 rubber band or "twisty" to keep exhibit together. See Rule C for special labeling instructions.

E407002* Fruit Leather (SF147) - Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit leather in self sealing bags. Use a rubber band or "twisty" to keep exhibit together. See Rule C for special labeling instructions.

E407010* Dried Vegetables (SF149) - Exhibit 3 different 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.

E407011* Dried Herbs (SF149) - Exhibit 3 different 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.

E407012* 1 Jar Fruit Exhibit (SF150) - One jar of a canned fruit. See Rule C for special labeling instructions.
E407013*  **3 Jar Exhibit** (SF150) - 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.

E407014*  **1 Jar Tomato Exhibit** (SF150) – One jar of a canned tomato product. See Rule C for special labeling instructions.

E407015*  **3 Jar Tomato Exhibit** (SF150) – Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) See Rule C for special labeling instructions.

E407020*  **1 Jar Vegetable or Meat Exhibit** (SF150) - One jar of a canned vegetable or meat. Include only vegetables canned in a pressure canner. See Rule C for special labeling instructions.

E407021*  **3 Jar Exhibit** (SF150) - Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner. See Rule C for special labeling instructions.

E407022*  **Quick Dinner** (SF151) - 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. Entry must be processed according to current USDA recommendations.

E407030*  **1 Jar Pickled Exhibit** (SF150) - One jar of a pickled and/or fermented product. See Rule C for special labeling instructions.

E407031*  **3 Jar Exhibit** (SF150) - Three jars of different kinds of canned pickled and/or fermented products. See Rule C for special labeling instructions.

E407040*  **1 Jar Jelled Exhibit** (SF153) - One jar of a jam, jelly or marmalade. See Rule C for special labeling instructions.

E407041*  **3 Jar Jelled Exhibit** (SF153) - 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.

**Division E415, Other Foods Projects** (county only)

**E415099**  Other Food Exhibit- Not eligible for State Fair or County Fair Division Awards. Must meet guidelines stated in Project manual.

**Division E420, Cake Decorating (County Project)**

Exhibitors in Unit 1 may decorate a Styrofoam shape (form), or a cake made by someone else. All others must bake the cake themselves. Put on disposable, covered cardboard. One entry per class in only one unit. Units are progressive and exhibitors may not go back to previous units. Cakes should be no larger than 16" square. The following must be specified on a 3 x 5 card: occasion for cake; tips used; techniques used and number of years in cake decorating. Frozen cakes must be completely thawed at entry time. These cakes will be entered and judged with other food projects on entry day and are not be eligible for the cake auction!

**UNIT 1**

**E420001**  One layer decorated cake using two decorating tips.

**E420002**  Novelty Cake using character or shaped pan, two decorating tips.

**E420003**  Sample Cake Board demonstrating at least 1 technique from 3 different categories.
Category A: Basic Borders – dots, balls, stars, rosettes, shells or zigzag. Make 1 border 4” long.
Category B: Message – printed, may use round or star tips. The message should read Happy Birthday.
Category C: Drop Flower with center – star or swirled. Make 3 samples of 2 different kinds of flowers.
Category D: Leaves. Makes 3 samples of the same leaf.

**E420004** Cake Portfolio Book - Include pictures of 5 cakes decorated by 4-Her. Each picture should have accompanying information including: a) occasion for cake, b) type of frosting, c) tips name and number used and d) technique used.

**UNIT II**
- **E420005** Two layer decorated cake using unlimited tips.
- **E420006** Novelty Cake using character or shaped pan, using 3 or more tips.
- **E420007** Two layer decorated cake using fondant frosting.
- **E420008** Sample Cake Board demonstrating at least 3 techniques from 3 different categories
  - Category A: Figure piping – clowns, people, animals etc. Make 2 different figures.
  - Category B: Flowers made on a flat surface, not on a nail – sweet peas, rosebuds, half roses etc. Make 5 samples of 3 different kinds of flowers.
  - Category C: Borders – reverse shells, grass, ruffles, ribbons bows, puffs. Make 2 borders 6” long.
  - Category D: Side decorations – dots or stars, scrolls, reverse shell, “c” scroll, fleur-de-lis. Make 2 side decorations 6” long.
  - Category E: Message – script (not printed) may use round or star tips. The message should read Best Wishes.

**E420009** Cake Portfolio Book – A continuation of the Unit 1 portfolio. Include an additional 5 photos (total 10 including Unit I pictures) of cakes created by 4-Her. A progression of skill and difficulty should be shown. Each picture should have accompanying information including: a) occasion for cake, b) type of frosting, c) tips name and number used and d) technique used.

**UNIT III**
- **E420010** 2 or 3 tiered, stacked cake or combination tiered or stacked. Each tier or stack must be 2 layers. Plastic separators may be used
- **E420011** One or two layer cake decorated with flowers made on a flower nail.
- **E420012** Original shaped cakes (ex. Butterfly) from a cut up cake baked in a round, square, heart, rectangle or a combination to make a new shape. May decorate using unlimited tips.
- **E420013** Sample cake board demonstrating at least 3 techniques from each categories
  - Category A: Fancy borders – ruffled garland and reverse shells, shell and flute, puff and flower, zigzag, garland and string work or other border combinations. Make 2 borders 8” long.
  - Category B: Nail flowers – Daffodils, violets, lily, bluebells, daisies, chrysanthemums, ruses, wild flowers, etc. Make 3 samples of 3 different kinds of flowers.
  - Category C: Design techniques – basket weave, string work, lattice work, cornelli and other laces, etc. Make 2 different design technique samples 3”x3”.
**E420014 Cake Portfolio Book** – A continuation of the Unit II portfolio. Include an additional 5 photos (total 15 including Unit I and II pictures) of cakes created by 4-Her. A progression of skill and difficulty should be shown. Each pictures should have accompanying information including: a) occasion for cake, b) type of frosting, c) tips name and number used and d) technique used.

**UNIT IV**

E420015 Exhibit a cake using one of the following skills:
- figure piping
- fondant/gum paste
- cone figures
- sugar molds
- marzipan
- filigree work

E420016 Exhibit a cake using another skill listed above.

E420017 Cake Portfolio Book – A continuation of the Unit III portfolio. Include an additional 5 photos (total 20 including Unit I, II and III pictures) of cakes created by 4-Her. A progression of skill and difficulty should be shown. Each pictures should have accompanying information including: a) occasion for cake, b) type of frosting, c) tips name and number used and d) technique.

**Unit V CUPCAKE FUN**
- Cupcakes may be in cupcake papers but not required
- Include a card with the recipe for the cake and the frosting. Mixes are allowed but entries from scratch are preferred.

E420018 Frosted and decorated cupcakes – Four on a plate. All decorations are to be edible.

E420019 Nutritious cupcakes – Four on a plate. Share in writing what was done to alter the recipe to make it healthier or why these cupcakes are considered a healthy/nutritious snack option.

E420020 Plate/tray of decorated cupcakes – Cupcakes that are decorated to create a centerpiece or create a theme based cake. All decorations must be edible. Exhibit cannot exceed 16” x 16”. Use your imagination!

*State Fair eligible*