

Premium Category 3

*171. Welding Article - Any shop article or piece of furniture where welding is used in the construction. 60% of item must be completed by 4-H member and notes regarding laser welding or machine welding must be included. All plans, plan alterations and a bill for materials must be attached to the article in plastic cover. 1) All welds should be cleaned and protected from rust with paint or light oil. Plans are to be complete enough that if they were given to a welding shop, the item could be made without further instructions. Bill of materials should include a cost for all items used including steel, electrodes, paint, wheels, etc.

*172. Welding Furniture - Any furniture with 75% welding is used in construction. 60% of item must be completed by 4-H member and notes regarding laser welding or machine welding must be included. All plans, plan alterations, dimensions and a bill for materials must be attached to the article in a plastic cover. May be displayed outdoors.

173. Plasma Cutter/Welder Design – Plasma cutters/welders allowed for detailed design/s to butt cut into metal. Exhibitor will create a notebook describing the design process to create the “artwork” to butt cut into the metal. Include in notebook: 1) Photo (front and back) of the finished project with detailed photos of the cuts. 2) Instructions on how the design was created, this allows for replication of the project. 3) Lessons learned or improvements to the project.

SCIENCE ENGINEERING TECHNOLOGY (SET) CAREERS – Division 14

Premium Category 7

*174. SET Careers Interview – Interview someone who is working in any field associated with science, engineering and technology and research that career (Ex: computer programmer, architect, engineer, pilot, etc). Interview can either be written in a notebook or in a multimedia format (CD/DVD). Written report should be 3-5 pages, double spaced, 12-point font, with 1" margins. Multimedia reports should be between 3-5 minutes in length.

Home is the place you grow up wanting to leave - and grow old wanting to come back to.

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

Pre-Entry Deadline: July 11 (paper) or July 18 (online)

Trophies, Awards, & Sponsors

American Family Insurance, Cheryl Wirth - Sr. Division All-Stars Champion

McDonald's of Beatrice - Intermediate Div. All-Stars Champion

Val Jean McKeever Memorial - Jr. Division All-Stars Champion

Red Star Yeast Company, LLC - Champion and Reserve

Champion baked yeast products awards to class winner

Yeast packets for participants in Foods classes

Gage County 4-H Council - Champion Theme Exhibit

**TASTE OF HOME 4-H BAKE SALE**

Wednesday, July 25, 9:00 am - Noon 4-H Inc. Building

Thanks to 4-H members and volunteers for managing the Bake Sale

FOODS 4-H THEME EXHIBITS - Division 1 COME HOME TO THE GAGE COUNTY FAIR

Premium \$2.00 Non-Competitive 2018 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". Food products must be safe to eat after an extended length of time without refrigeration. Maximum 10 entries per exhibitor.

1. Whole Wheat or Mixed Grain Bread or Rolls (family recipe)
2. Gingerbread House (max. base size 12"x12")
3. My Favorite Comfort Food (baked)
4. Cinnamon Rolls (family recipe)
5. Cookie/Bar (family recipe)
6. Home on the Range Cowboy Cookies
7. My Favorite Fair Food (baked)
8. Let's Stay Home - Snack
9. Cornbread (6x6" piece)
10. Red & White Snack (1 c. in ziploc bag)
11. Theme Exhibit of Choice

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

16. 1 Jar Home Canned Jam/Jelly
17. 1 Jar Home Canned Pickles
18. Theme Exhibit of Choice
19. 1 Jar Home Canned Vegetable
20. 1 Jar Home Canned Fruit

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 cup 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

Jr. Div.

Sr. Div.

30. 38. Baked Dessert (on a 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" x 7", mounted on 8" x 10" black poster board, vertical or horizontal

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 a 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 occasions. 4-H age divisions: Jr. (4-H under the age of 12), Sr. (4-H age 12 and older).

Jr. Div.

Sr. Div.

54. 61. Food Gift - Theme of Your Choice
55. 62. Theme Food Gift - "Take Some Home"
56. 63. Food Gift in a Jar/Glass Container
57. 64. Food Gift in a Pail/Tin/Metal Container
58. 65. Food Gift in a Paper Bag/Box/Container
59. 66. Candy Bar Bouquet
60. 67. Food Gift Without Prepared Item (perishable item); Ex: soup, or dip mix Theme of Your Choice

FOOD SCIENCE EXPLORATION**Premium Category 6**

Open to 4-H member enrolled in Foods project.

*68 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.

*69 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 cased 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

*70. 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 cased presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook.

COOKING BASICS RECIPE FILE**Premium Category 6**

Open to 4-H member enrolled in Foods Project

*71. Cooking Basics Recipe File – Collection of 10 recipes from any source displayed in a recipe file or binder. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year the 4-H member is in the project, with year clearly marked on recipes. Include the number of servings or yield of each recipe. This may be a continued recipe file project from previously used 4-H curriculum (prior to 2018).

KING ARTHUR FLOUR BAKING CONTEST**Premium Category 6**

Open to 4-H member enrolled in Foods Project. We celebrate the 227th anniversary of King Arthur Flour. Exhibitors must use King Arthur flour in all baking aspects of the contest. Use any recipe: must include recipe PLUS the PCB Code from the King Arthur Flour Sack/Bag.

Awards: King Arthur Flour

72. White Yeast Bread - 3/4 of a loaf
73. Wheat or Mixed Grain Yeast Bread - 3/4 of a loaf
74. Sweet Rolls or Specialty Bread - 4 on a plate or 3/4 of a loaf or ring
75. Dinner Rolls (any shape) - 4 on a plate
76. Cookies, Bars, or Brownies - 4 on a plate
77. French Bread - 3/4 of a loaf
78. Cake, Sponge Cake, Angel Food Cake
79. Exhibit of Choice



ACRES OF ADVENTURES Premium Category 7

- Open to any 4-H member. Exhibit item, photograph, story or poem, etc.
- 80. Home Grown Play Dough
 - 81. Fruit Leather (6 samples in ziploc bag)
 - 82. Bread In a Bag - Any recipe, at least 3/4 of a loaf, bread dough mixed in bag
 - 83. Insect Invasion - Document learning in project
 - 84. Bread Basket Weaving - Basket made of salt dough/bread dough
 - 85. Veggie Ink - Exhibit 6 samples
 - 86. Exhibit of Choice

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, 2017. Exhibitors must enter **Tuesday, July 24, 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 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.

Recipe 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, 8 1/2" x 11" 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, recipe, etc. with exhibitor's name on bottom or back.

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 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 exhibit food preservation, pies and decorated cakes.

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

4-H All -Star Champion and Reserve Champion Awards:

Age divisions (4-H age January 1, 2018):

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, 2018 to have an exhibit selected for State Fair. All static exhibits selected for State Fair must receive a purple ribbon at county fair judging. If the presence of 4-H member is required, they must be 10 years of age by January 1, 2018.

Exhibits released Sunday, July 29, 8:00 pm. No premium money will be given if exhibits are removed before deadline. Pick up remaining exhibits on Monday, July 30, 2018.

COOKING 101 - Division 4

Premium Category 8

- 87. Cookies - Any recipe, 4 on a plate.
- 88. Muffins - Any recipe, 4 on a plate.
- 89. No Bake Cookie - Any recipe, 4 on a plate.
- 90. Cereal Bar Cookie - Any cereal based recipe made in pan and cut into bars or squares for serving.
- 91. Granola Bar - Any recipe, 4 on a plate.
- 92. Brownies - Any recipe, 4 on a plate.
- 93. Snack Mix - Any recipe, at least 1 cup in self-sealing plastic bag.

COOKING 201 - Division 5

Premium Category 8

Smells Like Home Workshop

Instructors: Sharon Lottman, Lori & Emily Rempel

Interview Judging: Tuesday, July 24, 4:00-5:30 pm (select 1 exhibit)

- *94. Loaf Quick Bread - Any recipe, at least 3/4 of a standard loaf (8 1/2" x 4 1/4" or 9" x 5") displayed on paper plate. Quick bread is any bread that does not require kneading or rising time and does NOT include yeast.
- *95. 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 ready made 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 homemade recipe or recipe "from scratch". Does it make it better or easier to use a convenience product or mix? Why or why not?
- *96. Biscuits or Scones - 4 biscuits or scones on small paper plate, any type: rolled or dropped. Any recipe may be used but it must be a non-yeast product baked from scratch.
- *97. Healthy Baked Product - Any recipe, include 3/4 of baked product, 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Recipe must contain a fruit or vegetable as part of ingredients (Ex: banana bars, cantaloupe quick bread, zucchini muffins, etc.)
- *98. Coffee Cake - Any recipe or shape, non-yeast product, at least 3/4 of baked product. May be baked in disposable pan. Include menu for a complete meal where this recipe is used, following meal planning guidelines in Cooking 201.
- *99. Baking With Whole Grains - Any recipe, at least 3/4 of baked product or 4 muffins or cookies on paper plate. May be baked in disposable pan. Recipe must contain whole grains as part of the ingredients. Ex: whole wheat applesauce bread, peanut butter oatmeal cookies, etc.
- *100. Non-Traditional Baked Product - Baked food product prepared using a non-traditional method (Ex: bread machine, cake baked in convection oven, baked item made in microwave, etc.) Entry must be at least 3/4 baked product, or 4 muffins or cookies on paper plate. Include supporting information that discusses alternative preparation method and how it compares with traditional method. NOTE: Any bread item prepared or baked using a bread machine is entered in this class.
- 102. Bread in a Bag - Any recipe, at least 3/4 of a loaf, bread dough mixed in a bag.

COOKING 301 - Division 6

Premium Category 7

Interview Judging: Tuesday, July 24, 4:00-5:30 pm (select 1 exhibit)

All exhibits must be prepared without use of a bread machine for mixing, raising, or baking of the item.

- *113. White Bread - Any yeast recipe; 3/4 of a standard loaf on paper plate.
- *114. Whole Wheat or Mixed Grain Bread - Any yeast recipe; 3/4 of a standard loaf on paper plate.
- *115. Specialty Rolls - Any yeast recipe, 4 on a paper plate. Ex: sweet rolls, bagels, English Muffins, kolaches, or any other similar recipe that makes individual portions.
- *116. Dinner Rolls - Any yeast recipe, 4 on a paper plate. Ex: clover leaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.
- *117. Specialty Bread - Any yeast recipe. Ex: Tea ring, braid, or any other full sized specialty bread products. Must exhibit at least 3/4 of a standard loaf baked product. May be baked in disposable pan.
- *118. Shortened Cake (not from a cake mix) - At least 3/4 of a cake. Shortened cakes use fat for flavor and texture; recipes usually begin by beating fat with sugar by creaming and include leavening agents in the recipe. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings).

COOKING 401 - Division 7

Premium Category 6

Smells Like Home Workshop

Instructors: Sharon Lottman, Lori & Emily Rempel

Interview Judging: Tuesday, July 24, 4:00-5:30 pm (select 1 exhibit)

All exhibits must be prepared without use of a bread machine for mixing, raising, or baking of the item.

- *120. Double Crust Fruit Pie - Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or pre-made pie crusts. May be double crust, crumb, cut-out, or lattice topping. Using an 8" or 9" disposable pan is recommended. NOTE: After judging, 4-H member may take all but one piece home.
- *121. Family Food Traditions - Any recipe, at least 3/4 of a baked product, 4 muffins or cookies on paper plate. May be baked in disposable pan. Any baked item associated with family tradition and heritage. Entry must include (A) Recipe, (B) Tradition or heritage associated with preparing, serving the food, (C) Where or who the traditional recipe came from.
- *122. Ethnic Food Exhibit - Any recipe, at least 3/4 of baked product, 4 muffins or cookies on 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 item is representing.
- *123. Candy - Any recipe, 4 pieces of candy on a paper plate or 1/2 cup. No items containing cream cheese will be accepted, ex: cream cheese mints. Candy may be cooked or no cook, dipped, molded, made in the microwave or other methods of candy preparation. Include recipe.
- *124. Foam Cake - Original recipe, no mixes, 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; chiffon cakes. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings).
- *125. 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.

CAKE DECORATING - Division 10

CUPCAKE & COOKIE DECORATING

Trophies, Awards, Sponsors

Carolyn Schlake - Champion & Reserve - Senior & Junior Divisions

Wilton Enterprises - Best of Show Decorated Cakes; Best of Show Decorated Cupcakes

COME HOME TO THE GAGE COUNTY FAIR 4-H THEME EXHIBITS

Premium \$2.00 Non-Competitive 2018 Theme Ribbons

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

135. Come Home to the Gage County Fair Theme Decorated Cake

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 (class #148, 149, 160). Do NOT cover exhibit.

4-H age divisions: Jr. (under age 12)

Sr. (age 12 and older).

Jr. Div.

140.

152. Decorated Cupcakes - Theme of Your Choice

141.

153. Decorated Cookies - Theme of Your Choice

142.

154. Decorated Cupcakes - Come Home to the Gage Co. Fair

143.

155. Decorated Cookies - Come Home to the Gage Co. Fair

144.

156. Show Your School Spirit Cookies (school colors, mascot, etc.)

145.

157. Show Your School Spirit Cupcakes (school colors, mascot, etc.)

146.

158. Decorated Cupcakes - You're in Luck (4 Leaf Clover)

147.

159. Decorated Cookies - You're in Luck (4 Leaf Clover)

148.

160. Cupcake Cake - Arrangement of Decorated Cupcakes

Cupcake Liner Wreath, Wall Accessory, Original Design

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 a plate.

161. Cake on a Stick

162. Cookie on a Stick

163. Brownie on a Stick

YOUR BIRTHDAY TAKES THE CAKE

Premium Category 6

Open to 4-H member in Cake Decorating.

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

CAKE DECORATING

Cake Decorating Workshop

Instructor: Carolyn Schlake



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.

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

55

Beginning Level - Premium Category 6

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

Intermediate Level - Premium Category 5

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

Advanced Level - Premium Category 4

- 173. Two layer decorated cake showing use of three or more different decorating tips. Sugar molding may be used.
- 174. Three-tiered cake - suggested combination is 6", 8", and 12".
- 175. 3-D Cake

FOOD PRESERVATION - Division 11

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)

Newell Brands, Inc. Food Preservation Awards

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, 2017.

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 unsealed container disqualifies entry.

Uniformity: 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 are 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.

Criteria for Judging: Incomplete exhibits will be lowered a ribbon placing. Canned food items not processed according to altitude in the county will be lowered one ribbon placing.

Recipe - Labeling: Recipe can come from any source but current USDA guidelines for food preservation methods must be followed. Recipe must be included, may be handwritten, photocopied or typed. Commercially prepared mixes are not allowed.

Website: <http://food.unl.edu/web/preservation/home> for current USDA guideline, how to find your Nebraska altitude, and proper procedures for food preservation. Jars should be labeled with name of 4-H member, county, and date of processing.

All exhibits must include the 4-H Food Preservation Card. Write plainly and attach securely 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.

1) Name of product, 2) Date preserved, 3) Method of preservation (pressure canner or water bath canner), 4) Type of pack (raw pack or hot pack), 5) Altitude (and altitude adjustment, if needed), 6) Processing time, 7) Number of pounds of pressure (if pressure canner used), 8) Drying method and drying time (for dried food exhibit), 9) Recipe and source of recipe (if a publication, include name and date).

Premium Category 6

Unit 1 Freezing Project

- *177. Baked Item Made with Frozen Produce – Any recipe, at least $\frac{3}{4}$ of baked product, 4 muffins or cookies on paper plate. May be baked in disposable pan. Recipe must include a food item preserved by the freezing method done by the 4-H member. Ex: peach pie, blueberry muffins, zucchini bread, etc. Supporting information must include both the recipe for the produce that was frozen as part of this project AND the baked food item.

Unit 2 Drying Project

- 178. Dried Fruit Roll -Up - Exhibit 3 different samples, in self-sealing bag.
 - *179. Dried Fruits - Exhibit 3 different examples of 3 different dried fruit. Place each dried fruit food (6-10 pieces, minimum 1/4 C) in separate self-sealing bags. Use rubber band or "twisty" to keep exhibit together.
 - *180. Fruit Leather - Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit leather together in self-sealing bag. Use rubber band or "twisty" to keep exhibit together.
 - *181. Vegetable Leather - Exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4" sample of each leather together in self-sealing bag. Use rubber band or "twisty" to keep exhibit together.
 - *182. Dried Vegetables - Exhibit 3 different samples of 3 different dried vegetables. Place each food (1/4 C of each vegetable) in separate self-sealing bag. Use rubber band or "twisty" to keep exhibit together.
 - *183. Dried Herbs - Exhibit 3 different samples of 3 different dried herbs. Place each food (1/4 C of each herb) in self-sealing bag. Use rubber band or "twisty" to keep exhibit together.
 - *184. Baked Item Made with Dried Produce/Herbs – Any recipe, at least $\frac{3}{4}$ of baked product, 4 muffins or cookies on paper plate. May be baked in a disposable pan. Recipe must include a dried produce/herb item made by 4-H member. Ex: Granola bar made with dried fruits, dried cranberry cookies, Italian herb bread, lemon thyme cookies.
- Supporting information must include both the recipe for the dried produce/herb AND the baked item.

Unit 3 Boiling Water Canning Project

Exhibits must be canned in boiling water canner according to USDA recommendations

- *185. 1 Jar Fruit Exhibit - 1 Jar of canned fruit.
- *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.)
- *187. 1 Jar Tomato Exhibit - 1 jar of canned tomato product.
- *188. 3 Jar Tomato Exhibit - 3 jars of different canned tomato products. Ex: salsa, sauces without meats, juice, stewed, etc.
- *189. 1 Jar Pickled Exhibit - 1 jar of pickled and/or fermented product.
- *190. 3 Jar Pickled Exhibit - 3 jars of different canned pickled and/or fermented products.
- *191. 1 Jar Jellied Exhibit - 1 jar of a jam, jelly or marmalade.
- *192. 3 Jar Jellied Exhibit - 3 different kinds of different jellied products. May be pints or half pints (but all jars must be the same size).

Unit 4 Pressure Canning Project

Exhibits must be canned in pressure canner according to USDA recommendations

- *193. 1 Jar Vegetable or Meat Exhibit - 1 jar of canned vegetable or meat.
- *194. 3 Jar Vegetable Exhibit - 3 jars of different canned vegetables.
- *195. 3 Jar Meat Exhibit - 3 jars of different canned meats.
- *196. Quick Dinner - Exhibit minimum 3 jars to maximum 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 3"x5" card and attach to one of the jars.
- *197. 1 Jar Tomato Exhibit - 1 jar of canned tomato product.
- *198. 3 Jar Tomato Exhibit - 3 jars of different canned tomato products. Ex: salsa, sauces without meats, juice, stewed, etc.

Home & Family Emergency Preparedness Project

Lisa Wiegand, Gage County Emergency Management Director

Participants will enter Safety classes. Rebate of \$10.00 per kit will be awarded to 4-H members who exhibit a kit at the fair. Posters will be displayed at the Gage County Courthouse following the fair; please leave posters at the fair.

SAFETY/FIRST AID - Division 12

Premium Category 4

- *200. First Aid Kit - First aid kit is a good way to organize supplies in an emergency. Assemble 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 a 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/note book for 8 1/2" x 11" paper. Correct sentence structure, readability, thorough explanations are an important part of judging.
- *203. Safety Experiences - Exhibit should share a learning experience the exhibitor had related to safety. (I.e. participating in a first aid or first responder training, farm safety day camp, babysitting workshop or similar event, scientific experience 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. Career 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. Examples of careers include: firefighters, paramedics, emergency management personnel, some military assignments, law enforcement offices, 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" x 11" page describing exhibit and summary of learning.

- 206. Poster - 14" x 22" - Focus on some aspect of Emergency Preparedness. Exhibitor should leave poster at the fair; posters will be displayed in the Gage County Courthouse. Awards: Gage County Emergency Management Agency

FIRE SAFETY - Division 13

Premium Category 7

- *207. Fire Prevention Poster - Promote a fire prevention message 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" x 14", but no larger than 22" x 28".
- *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 of the escape plan has been practiced at least four items.. Poster must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28".
- *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" x 11" paper. Correct sentence structure, readability and thorough explanations are part of judging.
- 210. Exhibit of Choice

ALL-TERRAIN VEHICLE SAFETY - Division 14

BICYCLE SAFETY

Premium Category 7

- 211. 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.
- 212. Tool Box - Put together a tool box using guidelines from project manual/s. Include a description of intended use and a list of contents.
- 213. You Be the Teacher - Educational notebook
- 214. Bicycle Poster -- 14" x 22"
- 215. 4-Wheelin' Physics Poster - 14" x 22"
- 216. ATV Poster - 14" x 22"
- 217. Exhibit of Choice
- 218. Club Exhibit - Show learnings of members in project

TRACTOR SAFETY - Division 15

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 x 32" wide x 1/4" 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" x 11" page describing exhibit and summary of learning.