

Once the first record shot has been fired, no further sighting shots are allowed, except at the discretion of the range officer. Any sighting shots fired after the first record shot will be scored as a miss. .22 caliber pistols and ammunition only, no ultra high velocity or magnum ammunition allowed. Ear protection must be worn by everyone on the range. An adult (coach/leader/parent) is required to supervise each shooter during the match. Each shooter must have their own adult supervisor. It is strongly suggested that all youth complete the State of Nebraska Hunter Education Program sponsored by the Nebraska Game and Parks Commission.

Classes:

D466001 - .22 Sport Pistol - 12-14 years old before January 1

D466002 - .22 Sport Pistol - 15 years old and over before January 1

HEALTHY LIFESTYLES EDUCATION

DEPARTMENT NUTRITION, FOODS & PRESERVATION

PREMIUMS: Purple-\$3.50, Blue-\$3.00, Red-\$2.50, White-\$1.50

All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair.

- GENERAL-Baked products entered in county fairs cannot be entered at State Fair. Products should be baked at least the day before entry day. Premier 4-H Science Award is available in this area. Please see General Rules for more details.
- LABELS FOR ALL FOOD PRODUCTS - 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 recipe at the corner of the bag on the outside.
- GENERAL LABELING INFORMATION-All additional information pieces (recipes, special items) must be labeled with exhibitor's name and county.
- CRITERIA FOR JUDGING-Exhibits will be judged according to score sheets available at your local extension office or at <http://4h.unl.edu/statefair4h>. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered a ribbon placing. **Commercially prepared mixes are allowed in the Six Easy Bites Brownie Cents (Class 4) exhibit, Tasty Tidbits Creative Mixes (Class 2) exhibit, and the Fast Foods Baked Product (Class 6) exhibit ONLY.** Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other classes will be lowered a ribbon placing.
- ENTER FOOD PROJECTS in disposable materials, i.e., paper plate and plastic self-sealing bag. Extension Staff and the Fair Board is not responsible for lost bread boards, china or glassware.
- Ingredients that the 4-H member cannot legally purchase, such as beer, whiskey, rum, etc. may not be used in any recipe or foods exhibit. Exhibits that include alcohol in the recipe will be disqualified. This includes menu and recipe file exhibits.
- EXHIBITS ARE ON DISPLAY FOR SEVERAL DAYS. Please limit exhibits to products which hold up well. Items that require refrigeration will not be accepted, judged or displayed. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes on yeast products before baking are allowed. Glazes, frostings, and other sugar based toppings are also considered safe due to the high sugar content. Eggs incorporated into baked goods or crusts and cheeses mixed into bread doughs are considered safe. Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. fresh fruit tart). All fruit fillings must be cooked. Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. 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 items is judged due to unpredictable heat/and or weather conditions and will be disqualified.

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•NOTE: If exhibiting in more than one project, DO NOT use the same recipe. Also, if there is more than one family member in a project, each 4-H'er is to make a separate recipe for the entries.

DIVISION 300 - YOUTH IN MOTION

Classes:

- E300001 - YOUTH in Motion Poster, Scrapbook, or Photo Display** - Exhibit about the 4-H'er or the 4-H'ers family involved in a physical activity or concept/lesson involving this project. This might contain pictures, captions, and/or reports about the physical activity the individual or family did as a result of taking this project.
- E300002 - Activity Bag** - A duffle bag or backpack that the 4-H'er packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean, clearly labeled and an explanation of why it is included in the Activity Bag. **DO NOT** put valuable items (i.e. electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.
- E300003 - YOUTH in Motion Healthy Snack Recipe File** - Collection of 10 recipes from any source. Each recipe must accompany a complete snack menu in which the recipe is used, following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each year 4-H'er is in project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or in a binder. Be sure to include the number of servings or yield of each recipe.
- E300004 - 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 of two pages, one sided write up of an interview with someone who has an active exercise program or has a healthy lifestyle. Consider creativity and neatness. Mount on colored paper or poster board, or display in a binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9" x 12".
- E300005 - Healthy Snack** - See ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc., on a paper plate, or at least 1 cup of mix. Examples might include: granola bars, homemade crackers or chips. **Supporting information to include recipe, and why this snack might be considered a healthy snack.**

DIVISION 350 - GENERAL FOODS & NUTRITION

Classes:

- E350001 - *Food Science Explorations** - 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" 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.
- E350002 - *Foods and Nutrition Poster, Scrapbook, or Photo Display** - 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.
- E300003 - *Physical Activity and Health Poster, Scrapbook, or Photo Display** - 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 401 - SIX EASY BITES

Classes:

- E401001 - Cookies** (any recipe) - Four on a paper plate.
- E401002 - Muffins** (any recipe) - Four on a paper plate.
- E401003 - Simple Snack** (any recipe) - (granola, trail mix, cereal based snack recipes, etc.) two bars on a paper plate or at least ½ cup of snack product in self-sealing zip lock bag.
- E401004 - Brownie Cents** - Two unfrosted brownies (1 made from scratch and 1 made from a mix) on a paper plate. Exhibit with answers to questions on page 23 in manual under –“Kitchen Talk”. Label brownie made from scratch.

DIVISION 402 – FAST FOODS

Classes:

- E402001 - *Coffee Cake** - (any recipe or shape, non-yeast product) - At least 3/4 of baked product. May be exhibited in a disposable pan. Include menu for a complete meal where this recipe is served.
- E402002 - *Cost Comparison Exhibit** - Exhibit **must** include both the food product made from scratch and the 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** - Exhibit must include a food product prepared using new technology or a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) that saves time in food preparation. . Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.
- E402004 - Fast Foods Menu Planning** - 4-H'er develops exhibits that aid in menu planning. May be a menu plan that is developed for at least five meals, a recipe file, or a poster that is related to what is learned in the Fast Foods project. Consider creativity and neatness. Menu plan may be mounted on colored paper or poster board, or displayed in a binder. Refer to pages 16-19 and 60-63 in the Fast Foods Manual. Attach an evaluation found on page 64 for two or more of the menus you have prepared.
- E402005 - *Fast Foods Recipe File** - Collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year 4-H'er is in project, with year clearly marked on recipes. Display in recipe file or in a binder. Be sure to include the number of servings or yield of each recipe.

DIVISION 410 - TASTY TIDBITS

Classes:

- E410001 - *Healthy Baked Product** - (any recipe, at least 3/ of baked product or 4 muffins or cookies on a paper plate. May be baked in a 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 an altered recipe in supporting information.**

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- E410002 - *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. Examples include poppyseed, 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 or recipe “from scratch”. Does it make it better or easier to use a convenience product or mix? Why or why not?**
- E410003 - *Biscuits** - Four biscuits on a 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** - (any recipe, at last 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** - 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 411 - 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 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

Classes:

- E411001 - *Loaf Quick Bread** (any recipe) - At least 3/4 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 8 1/2" x 4 1/2" 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) - At least 3/4 of a standard loaf displayed on a paper plate.
- E411003 - *Whole Wheat or Mixed Grain Bread** (any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate.
- E411004 - *Specialty Rolls** - (any yeast recipe) 4 rolls on a paper plate. May be sweet rolls, English muffins, kolaches, bagels, or any other similar recipe that makes individual portions.
- E411005 - *Dinner Rolls** - (any yeast recipe) 4 rolls on a paper plate. May be clover leaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.

DIVISION 413 - FOODWORKS

•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.

Classes :

- E413001 - *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 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 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.

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E413003 - *Cultural Food Exhibit - (any recipe, at least 3/4 of baked product or four muffins or cookies on a paper plate. 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.

E413004 - Cooking Up a Career - Find someone you know who works in a catering business, local restaurant, health care food service, works as a Registered Dietitian, or any other food or nutrition related industry. What do they do? How much education do they need? Why did they choose this profession? What is the most enjoyable thing about their chosen profession? Maximum of two pages, one sided write up of an interview. Consider creativity and neatness. Mount on a 9"x12" colored paper or poster board, or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9x12 inches.

E413005 - *Specialty Bread (any recipe made with yeast) - Tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least 3/4 of a full sized baked product. May be baked in a disposable pan.

E413006 - *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.

DECORATING

PREMIUMS: Purple-\$3.50, Blue-\$3.00, Red-\$2.50, White-\$1.50

DIVISION 417 - CUPCAKE DECORATING

●Open to anyone enrolled in a 4-H food project. Mixes may be used. Entries are not eligible for State Fair.

Classes:

E417001 - Single Frosted Cupcake - Bake and frost a single 2-1/4" to 2-1/2" diameter cupcake. Decorations should be limited to a single layer of frosting.

E417002 - Single Decorated 3-D Cupcake - Bake and frost a single 2-1/4" to 2-1/2" diameter cupcake. Decorate using edible items such as candies, pretzels, cookies, coconut, etc. Cupcakes not limited to single layer. 3-D creativity encouraged.

E417003 - Cupcake Theme Exhibit - Bake and decorate two to five 2-1/4" to 2-1/2" diameter cupcakes. Exhibit should carry out a theme. Decorate using edible items, such as candies, pretzels, cookies, coconut, etc. No limit to creativity.

DIVISION 418 - CAKE DECORATING

●Label your entry by placing your name, address and club name on the bottom of your board.

●All exhibits should be entered on a double or triple thickness cardboard covered with foil, parchment paper, or freezer paper (wax side up).

●Cardboard should be at least 2" bigger than the project. Please use boards that do not need to be returned.

●Cake can be an 8" or 9" round or square or a 9" x 13" cake but must be made from no more than one cake mix.

●Boards should not be wider than 12" wide on one side so they will fit into glass display case for the remainder of the fair.

●Use frosting to anchor cookies to cardboard. A border at the base of the cake should be used to give the cake a more finished look. Frosting should be a homemade buttercream frosting. Commercial frostings are not eligible.

●Cake Decorating will be divided into three divisions. The determination of which division the cake exhibit falls in will be according to the number of years the 4-H'er has been in the project.

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- ◆ Beginning Class: First and second years in project
- ◆ Intermediate Class: Third and fourth years in project
- ◆ Advanced Class: Fifth year and over in project
- **SPECIAL AWARDS - CAKE DECORATING** - Wilton Enterprises will award one “Best of Class” award in Decorated Cake & Cupcake Divisions. “Best of Class” winners may choose one of the following awards:
 - ▶ Easy Layer Cake Pan Set
 - ▶ 12 Piece Cupcake Decorating Set



● **OPTIONAL: Photos can be taken of your cake after judging and you may take your cake home.**

DIVISION 418 - CAKE DECORATING - BEGINNING

PREMIUMS: Purple-\$3.50, Blue-\$3.00, Red-\$2.50, White-\$1.50

Classes:

- E418001 - Four Decorated Sugar Cookies** - using any decorating techniques. The four cookies should be identical. Edible foods, fruit or candy may be used to decorate.
- E418002 - Four Decorated Cupcakes** - using any decorating techniques. The four cupcakes should be identical. Edible foods, fruit or candy may be used to decorate.
- E418003 - Decorated Single Layer Cake** - frosted in buttercream. Edible foods, fruit or candy may be used to decorate.
- E418004 - Decorated Cut-Up Cake** - Any shape created with single layer cakes. Cakes should be frosted with buttercream. Edible foods, fruit or candy may be used to decorate.
- E418005 - Project Notebook** - A notebook of any decorating done by the 4-H'er during the project. Notebook should contain a picture of the project, and techniques or tips used to complete the project, and a date.

Projects using decorating tips and techniques. All of the projects should use buttercream frosting.

- E418006 - Set of 4 Different Borders** - with your choice of up to 4 different tips (only 1 tip per border). Use a 6" x 8" foil covered cardboard. Allow 1" of space around the outside for handling. Pipe borders on the 4" x 6" area in the center of the cardboard.
- E418007 - Decorated One Layer Cake** - using 2-3 different tubes in decorating. Record the tubes used in the project.
- E418008 - Four Decorated Cupcakes** - using 2-3 different tubes in decorating. The four cupcakes should be identical. Record the tubes used in the project.

● DOES NOT need buttercream icing, but can use buttercream, if appropriate. Other foods can be used with tips (cheese, cream cheese, etc.).

E418009 - Plate of Various Fruits or Vegetables - decorated with tips. Record tips.

DIVISION 418 - CAKE DECORATING - INTERMEDIATE

PREMIUMS: Purple-\$4.00, Blue-\$3.50, Red-\$3.00, White-\$2.00

● Projects using decorating tips and techniques. All of the projects should use buttercream icing.

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Classes:

- E418010 - Party Cake** - Create your own party cake baked in a square, rectangle, round, or heart shaped pan. The cakes may be cut to make another design. Edible foods, fruit or candy may be used to decorate.
- E418011 - Cake** - decorated with a stencil.

●Projects using decorating tips and techniques. All of the projects should use buttercream icing unless noted on the individual class.

E418012 - Set of 4 Different Borders - with your choice of up to 4 different tips (only 1 tip per border). Use a 6" x 8" foil covered cardboard. Allow 1" of space around the outside for handling. Pipe borders on the 4" x 6" area in the center of the cardboard.

E418013 - Decorated Cookies - Set of four sugar cookies frosted with buttercream icing. 2-3 tips should be used. All cookies must be different.

E418014 - Two Layer 8, 9, or 10 Inch Cake - using 2-3 tips, and including flat surface flower or other design, and a side trim.

E418015 - Four Identical Decorating Picks - made from royal icing. Use 2-3 different tips. Display on a piece of Styrofoam, or on 4 frosted cupcakes.

E418016 - Decorated Cake - of 2 or more tiers of graduated sizes using supports and separator plates. Pillars may be used. Cake should include decorations that require the use of 3-5 decorating tips. Record tips used.

E418017 - Decorated Cake - made from a character pan.

E418018 - Project Notebook - A notebook of any decorating done by the 4-H'er during the project.

Notebook should contain a picture of the project, and techniques or tips used to complete the project, and a date.

DIVISION 418 - CAKE DECORATING - ADVANCED

PREMIUMS: Purple-\$4.50, Blue-\$4.00, Red-\$3.50, White-\$2.50

●Projects that require no decorating techniques:

Classes:

E418019 - Party Cake - Create your own party cake baked in a square, rectangle, round or heart shaped pan. The cakes may be cut to make another design. Edible foods, fruit or candy may be used to decorate.

●Projects that require decorating techniques. Cakes should be frosted in buttercream icing. Buttercream or royal icing should be used for decorations. Artificial/real flowers may be used to enhance the cake:

E418020 - Display - of a sugar crystal panoramic item.

E418021 - Molded or Shaped Object - (Made from royal icing or fondant). May be displayed on a cake or independent display.

E418022 - Decorated Cake - of 2 or more tiers with separator plates and pillars. Cake should show advanced borders or lattice work.

E418023 - Decorated Cake - of 2 or more tiers with separator plates and pillars. Cake should show advanced flower making detail.

E418024 - Decorated Cake - of 2 or more tiers with separator plates and pillars. Cake should show advanced use of fondant to cover and decorate cake.

E418025 - Specialty Cake - Cake carved/baked in a free form shape by the 4-H'er. Cake should show advanced use of decorating techniques.

E418026 - Cake - decorated using air-brush techniques, and other advanced decorating techniques.

E418027 - Three Ring Binder - collection of pictures of cakes made throughout the years a 4-H'er has participated in the cake decorating project. Captions should be included to describe each cake and the skills used. Minimum of 5 pages.

DIVISION 419 - CANDY MAKING

PREMIUMS: Purple-\$3.50, Blue-\$3.00, Red-\$2.50, White-\$1.50

- Display 4 pieces on a small plate, recipe placed under plate, enclosed in a plastic bag.

Classes:

E419001 - No-cook

E419002 - Dipped

E419003 - Molded

E419004 - Cooked

E419005 - Microwave

DIVISION 420 - MISCELLANEOUS

PREMIUMS: Purple-\$3.50, Blue-\$3.00, Red-\$2.50, White-\$1.50

- One entry per member enrolled in a foods project.

Classes:

E420001 - Food Flop - Did something just not go right as you were preparing your food exhibit for the fair? Bring it anyway! Write a paragraph to tell what “flopped” and what you have learned that you will do different the next time!

E420002 - Family Food Exhibit, Story Or Poster - As a family, do something together related to food. (example: make a food product together to exhibit, write a short story about a family tradition, take pictures of a favorite family activity). Write a story or design a poster (no larger than 24” x 22”) depicting your family food exhibit. Tell/show how your family worked together, who did what, etc.

DIVISION 407 - FOOD PRESERVATION

● **PROCESSING METHODS** - Current USDA processing methods and altitude adjustments must be followed for all food preservation. 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. 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 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.

● **CURRENT PROJECT** - All canning must be the result of this year's 4-H project, since September 1, of the previous calendar year.

● **CRITERIA FOR JUDGING** - Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county (Nance County – 1657 feet) will be lowered one ribbon placing.

● **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. Jars should be labeled with name of 4-H'er, county, name of product and date of processing. Write plainly on a label and paste or tape securely on jar bottom. In addition:

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◆**All canned foods must include the following supporting information:**

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.** See <http://food.unl.edu/web/preservation/home> for current USDA guidelines.

◆**All 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 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.

The Extension Staff and Fair Board are not responsible for lost, damaged or broken exhibits.

●**SPECIAL AWARDS - FOOD PRESERVATION** - In recognition of youth who excel in the art of fresh preserving (canning), Jarden Home Brands, marketers of the Ball® and Kerr® Fresh Preserving Products will present First Place Awards in designated categories. The best entry submitted by a youth will be selected in each category for Fruit, Vegetable, Pickle, and Soft Spread. Entries must be preserved in



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Ball® Jars sealed with Ball® Lids and Bands or Ball® Collection Elite® Jars sealed with Collection Elite® Lids and Bands, or preserved in Kerr® Jars sealed with Kerr® Lids and Bands. In addition, soft spread entries must be prepared using Ball® Pectin: Classic, Low or No-Sugar needed or Liquid. The UPC from the Ball® Pectin package must accompany the entry as proof of purchase.

●Entries designated First Place from each category will receive the following: Two (2) Five-Dollar (\$5) Coupons for Ball® or Kerr® Fresh Preserving Products and one (1) Free (up to \$5 value) Coupon for Ball® Pectin. Entries designated Second Place from each category will receive: One (1) Five-Dollar (\$5) Coupon for Ball® or Kerr® Fresh Preserving Products and one (1) Free (up to \$5 value) Coupon for Ball® Pectin.

PREMIUMS: Purple-4.50, Blue-\$4.00, Red-\$3.50, White-\$2.50

Classes:

E407001 - *Dried Fruit - Exhibit 3 different examples of dried fruits. Place each dried fruit (6-10 pieces of fruit, minimum of 1/4 cup) in separate self-sealing bags. Use a rubber band or “twisty” to keep exhibit together.

E407002 - *Fruit Leather - Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4” sample of each fruit together in separate self-sealing bags. Use a rubber band or “twisty” to keep exhibit together.

E407010 - *Dried Vegetables - Exhibit 3 different samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag (2 pint or 1 pint). Use a “twisty” to keep exhibit together.

E407011 - *Dried Herbs - 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.

E407012 - *1 Jar Fruit Exhibit - One jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.

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- E407013 - *3 Jar Exhibit** - 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.
- E407014 - *1 Jar Tomato Exhibit** - One jar of a canned tomato product. Entry must be processed in a boiling water bath or pressure canner according to current USDA recommendations.
- E407015 - *3 Jar Tomato Exhibit** - Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a boiling water bath or pressure canner according to current USDA recommendations.
- E407020 - *1 Jar Vegetable Or Meat Exhibit** - One jar of a canned vegetable or meat. Include only vegetables and meat canned in a pressure canner according to current USDA recommendations.
- E407021 - *3 Jar Vegetable Exhibit** - Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.
- E407022 - *Quick Dinner** - 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 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** - One jar of a pickled and/or fermented product. Entry must be processed in the boiling water bath according to current USDA recommendations.
- E407031 - *3 Jar Exhibit** - Three jars of different kinds of canned pickled and/or fermented products. Entry must be processed in the boiling water bath according to current USDA recommendations.
- E407040 - *1 Jar Jelled Exhibit** - One jar of a jam, jelly or marmalade. Entry must be processed in the boiling water bath according to current USDA recommendations.
- E407041 - *3 Jar Jelled Exhibit** - 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.

DEPARTMENT SAFETY

PREMIUMS: Purple-\$3.50, Blue-\$3.00, Red-\$2.50, White-\$1.50

DIVISION 440 - SAFETY

- All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair. The Premier 4-H Science Award is available in the area. Please see General Rules for more details.

Classes:

E440001 - *First Aid Kit - A first aid kit is a good way to organize supplies in an emergency. The kit should be assembled in a container appropriate for the kit's intended use. A description of where the kit will be stored and examples of specific emergencies for that situation should be included in the exhibit. The 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. Use Citizen Safety manual, 4-H 425, pages 6 & 7.

● **Kits containing any of the following will be automatically disqualified:**

- √ Prescription medications. (If the kit's purpose is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication.)
- √ Materials with expiration dates on or before the judging date. (This includes sterile items, non-prescription medications, ointments, salves, etc. Articles dated month and year only are considered expired on the last day of that month.)
- √ Any controlled substance.

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