

HEALTHY LIFESTYLES

Creative Chefs Silent Auction and Live Cake Auction

- A. Offering youth a showcase for their creative talents and opportunity to develop culinary skills enhancing healthy lifestyle choices.
- B. **Youth are allowed one entry in the Silent Auction.**
- C. **Youth do NOT need to enroll in auction.** On Fair Registration form due July 1st, write "yes" in auction column to indicate the silent auction item.

Live Cake Auction (Monday, July 29th)

- A. Champions and Reserve Champions in the senior (ages 12-18) creatively decorated cake and junior (ages 8- 11) creatively decorated will be auctioned in the Live Cake Auction Monday, July 29th at 5:30 p.m. Youth have to be awarded champion or reserve champion to be sold in the Live Cake Auction.

Division 1000, Creative Chefs Silent Auction. (Monday, July 29th)

- A. Youth must have entered a food exhibit for judging at the Dawes County Fair and been enrolled in a project for which eligible auction items are allowed to participate in silent auction.
- B. Eligible items for the silent auction include: simple cakes, pies, or fancy decorated cakes. Cupcakes, cookies, and breads will NOT be eligible.
- C. Simple cakes and pies silent auction items will be entered and judged on Monday, July 29th, from 9 a.m. to 1 p.m. Creatively decorated cakes will be entered and judged on Monday, July 29th, from 2-4 p.m.
- D. The simple cakes and pies will be labeled with a special sticker to ensure only a very small portion is removed by the judge for tasting.
- E. The silent auction will be Monday, July 29th, from 5 - 7 p.m., at the 4-H Building.
- F. Only one entry per exhibitor is allowed.
- G. Blank thank you notes will be distributed to exhibitors when auction items are checked in. Proceeds from the auction will be made available upon receipt of a written thank you note to the buyer in an addressed and stamped, unsealed envelope. Thank you notes may be randomly checked for content.
- H. Youth are encouraged to include a short write up to include with their bid sheet.

Possible classes: (see Healthy Lifestyles- Nutrition, Foods, & Food Preservation for more details for class descriptions and details)

Pies

E476001. Pie. (County Only)

E412001. Double Crust Fruit Pie. (SF 144)

Fancy Decorated Cakes

E475001. Senior Creatively Decorated Cake.

E475002. Junior Creatively Decorated Cake.

Simple Cakes

E411006. Shortened Cake. (SF 137)

E412005. Foam Cake. (SF 138)

HEALTHY LIFESTYLES

Creatively Decorated Cakes Department E

Superintendent: Ashley Ahrens & Erin Norman

Junior Superintendents: Garrett Tollman, Bailey Sellman, & Miranda Betson

- A. Creatively Decorated Cakes are not eligible for selection to the Nebraska State Fair.
- B. Youth wishing to exhibit a creatively decorated cake at the county fair MUST ENROLL IN HL: OTHER FOODS & NUTRITION PROJECT 1: CAKE DECORATING by JUNE 1st.

Division 475, Creatively Decorated Cakes - (County Only – Not State Fair Eligible)

- A. Enter exhibits on Monday, July 29th, from 2-4:00 p.m. at the 4-H Building. Interview judging will be held.
- B. Cake's board/base should be no larger than 16"
- C. Cake must be securely covered with clear plastic wrap for food safety. Otherwise, it cannot be exhibited.
- D. Any design, shape, frosting technique, and/or fondant are acceptable.
- E. Creativity and originality are encouraged.
- F. Cakes will be judged on appearance and creativity. They will not be tasted.
- G. Cake mixes are acceptable.
- H. Recipe card is required. If a cake mix is used, please designate what type of mix and other ingredients added to complete the cake. Frosting type and ingredients should also be included.
- I. There are two age divisions and guidelines for each. See classes below.
- J. Champion and Reserve Champion in the senior and junior division will be auctioned in the Live Cake Auction Monday, July 29 at 5:30 p.m.
- K. Items that did not receive champion or reserve champion will be eligible for the Silent Auction on Monday evening from 5-7 p.m.

E475001. Senior Creatively Decorated Cake. – Exhibitors 12 to 18 years of age before January 1st. Must bake and decorate cakes independently.

E475002. Junior Creatively Decorated Cake. – Exhibitors 8 to 11 before January 1st. Must bake and decorate cake independently.

HEALTHY LIFESTYLES

Nutrition, Foods & Food Preservation Department E

Superintendent: Ashley Ahrens & Erin Norman

Junior Superintendents: Garrett Tollman, Bailey Sellman, & Miranda Betson

NUTRITION, FOODS & FOOD PRESERVATION DIVISIONS:

General Information:

- A. **ENTRIES PER INDIVIDUAL** - One entry per exhibitor per class.
- B. **GENERAL** - Members may exhibit only in the project in which enrolled.
- C. **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 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.
- D. **CRITERIA FOR JUDGING** - Exhibits will be judged according to score sheets available at <https://go.unl.edu/ne4hfood-nutrition>. . 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 Tasty Tidbits Creative Mixes (Class 2) exhibit ONLY. Prepared baking mixes, biscuit mixes, commercially prepared seasoning mixes for food preservation or other pre-made mixes entered in other categories will be lowered a ribbon placing.
- E. **ENTER FOOD PROJECTS** in disposable materials, i.e., paper plate and plastic self-sealing bag. Not responsible for lost breadboards, China, or glassware.
- F. **INGREDIENTS:** Any ingredient 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.
- G. **Food Safety:** Exhibits are on display for several days. Please think FOOD SAFETY! **Items that require refrigeration will not be accepted, judged, or displayed as exhibits must be safe to eat when entered, whether they are tasted or not.** Glazes, frostings, and other sugar-based toppings are considered safe due to their high sugar content. Egg glazes on yeast breads and pie crusts BEFORE baking are acceptable. Eggs incorporated into baked goods and crusts are considered safe. The following food ingredients are considered unsafe for fair exhibits and will be disqualified:
 - Egg or cream fillings and cream cheese frostings.
 - Any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc.).
 - Melted cheese on top of food exhibit (cheese mixed into baked goods is considered safe and will be accepted)
 - Uncooked fruit toppings (i.e., fresh fruit tart).

DIVISION 476, Pies (County Only – Not State Fair Eligible)

- A. Enter exhibits on **Monday, July 29th, from 9 a.m. to 1 p.m.** at the 4-H Building. Interview judging will be held.
- B. Pie must be securely covered with clear plastic wrap for food safety. Otherwise, it cannot be exhibited.
- C. Crust must be rolled pastry dough made from scratch.
- D. One or two-crust pie is acceptable, crumb tops are allowed.
- E. Filling may be handmade or canned, but canned filling is not eligible for live cake/pie auction.
- F. Pies requiring refrigeration will not be accepted, judged, or displayed.
- G. Uncooked fruit is not allowed in any exhibit due to spoilage.
- H. Cream cheese fillings and/or frostings are not allowed.
- I. Recipe card is required.
- J. Items meeting criteria of being completely made from scratch, including filling, will be eligible for the Creative Chefs Silent Auction on Monday evening at 5:00 p.m.

- K. Please refer to General Food and Nutrition Rules for clarification of allowable fillings and toppings.
E476001. Pie. (County Only)

DIVISION 401: COOKING 101 (Previously known as 6 Easy Bites)

***County Project Only - Not State Fair Eligible**

E401901. Cookies. Any Recipe, 4 on a plate.

E401902. Muffins. Any Recipe, 4 on a plate.

E401903. No Bake Cookie. Any Recipe, 4 on a plate.

E401904. Cereal Bar Cookie. Any cereal based recipe made in pan and cut into bars or squares for serving.

E401905. Granola Bar. Any Recipe, 4 on a plate.

E401906. Brownies. Any Recipe, 4 on a plate.

E401907. Other. Any recipe, at least 1 cup in self-sealing plastic bag.

DIVISION 350: GENERAL

E350001. Food Science Explorations. (SF 152) 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. (SF 122) The project should involve a nutrition or food preparation technique or explore a career related to the food industry (caterer, restaurant owner, food scientist, registered dietitian, etc.) 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 inches x 30 inches), computer-based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, and a written report in portfolio or notebook. Consider neatness and creativity.

E350003. Physical Activity and Health Poster, Scrapbook or Photo Display. (SF 122) The project should involve a physical activity or explore a career-related to physical activity or health (personal trainer, sports coach, physical therapist, etc.) 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 inches x 30 inches), computer-based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, and a written report in portfolio or notebook. Consider neatness and creativity.

E350004. Cooking Basics Recipe File. (SF 251) A 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 the 4-H'er is in the project, with year clearly marked on recipes. Display in a recipe file or binder. Be sure to include the number of servings or yield of each recipe. This may be a continued recipe file project from the previously used 4-H curriculum before 2018. Exhibits that include recipes with alcohol (wine, beer, rum, etc.) will be disqualified.

DIVISION 410: COOKING 201 (Previously known as Fast Foods)

E410001. Loaf Quick Bread. (SF 123) 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 approximately 8 ½ inches x 4 ½ inches or 9 inches x 5 inches. If mini-loaf pans are used for exhibit, two loaves must be presented for judging.

E410002. Creative Mixes. (SF 142) 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 poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade bread dough, monkey bread 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 or Scones. (SF 136) Four biscuits or scones on a small paper plate. This may be any type of biscuit or scone: rolled or dropped. Any recipe may be used, but it must be a non-yeast product baked from scratch.

E410004. Healthy Baked Product. (SF 124) Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Recipe must contain a fruit or vegetable as part of the ingredients (ex. Banana bars, cantaloupe quick bread, zucchini muffins, etc.)

E410005. Coffee Cake. (SF 129) Any recipe or shape, non-yeast product – at least ¾ of baked product on a paper plate or in a disposable pan. Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.

E410006. Baking with Whole Grains. (SF 134) Any recipe, at least ¾ of baked product or 4 muffins/cookies on a paper plate. May be baked in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. Whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)

E410007. Non-Traditional Baked Product. (SF 133) Exhibit must include a food product prepared using a non-traditional method (i.e., bread machine, cake baked in an air fryer, baked item made in microwave, etc.). Entry must be at least ¾ baked product, or 4 muffins or cookies on a paper plate or in a disposable pan. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

DIVISION 411: COOKING 301 (Previously known as You're the Chef)

Any bread item prepared or baked using a bread machine should be entered under the Cooking 201, Non-Traditional Baked Product. All exhibits made in the Cooking 301 and Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

E411001. White Bread. (SF 138) (Any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate.

E411002. Whole Wheat or Mixed Grain Bread. (SF 138) (Any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate.

E411003. Specialty Rolls. (SF 138) (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.

E411004. Dinner Rolls. (SF 138) (Any yeast recipe) 4 rolls on a paper plate. May be cloverleaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.

E411005. Specialty Bread. (SF 141) (Any yeast recipe) includes tea rings, or any other full-sized specialty bread products. Must exhibit at least ¾ of a full-sized baked product.

E411006. Shortened Cake. (SF 137) Must exhibit at least ¾ of the cake (recipe must not be from a cake mix). Shortened cakes use fat for flavor and texture and 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 allowed).

DIVISION 412: COOKING 401 (Previously known as Foodworks)

Any bread item prepared or baked using a bread machine should be entered under the Cooking 201, Non-Traditional Baked Product. All exhibits made in the Cooking 301 and Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

E412001. Double Crust Fruit Pie. (SF 144) Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crusts. May be a double crust, crumb, cut-out, or lattice topping. Using an 8" or 9" disposable pie pan is recommended.

E412002. Family Food Traditions. (SF 145) 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. 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.

E412003. Ethnic Food Exhibit. (SF 146) 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. 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.

E412004. Candy. (SF 147) Any recipe, 4 pieces of candy on a paper plate or ½ cup. No items containing cream cheese will be accepted (Ex. Cream cheese mints). Candy may be cooked or not cooked; dipped, molded, made in the microwave or other methods of candy preparation. Recipe must be included.

E412005. Foam Cake. (SF 138) 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. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).

E412006. Specialty Pastry. (SF 143) Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Baked items such as pie tarts, puff pastry, phyllo doughs, 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.

DIVISION 407: FOOD PRESERVATION

General Information:

- A. **ENTRIES PER INDIVIDUAL** - One entry per exhibitor per class. Limit of three entries per exhibitor in Food Preservation.
- B. **PROCESSING METHODS** - Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jam, preserves and marmalades, fruit 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. Improperly canned or potentially hazardous food items will be disqualified. Spoiled or unsealed container disqualifies entry.
- C. **JARS AND LIDS** - 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. Two-piece lids consisting of a flat metal disk and a ring should be used. No zinc lids or one-piece lids.
- D. **Current Project:** Exhibits must have been preserved since the member's previous year's county fair, and not been exhibited at the previous State Fair.
- E. **CURRENT PROJECT**- All canning must be the result of this year's 4-H project, since September 1st, of the previous calendar year.
- F. **CRITERIA FOR JUDGING** - Exhibits will be judged according to score sheets available at <http://4h.unl.edu/fairbook>. Incomplete exhibits and canned food items not processed according to altitude in the county will be lowered a ribbon class.
- G. **LABELING:** Jars should be labeled with the name of the food item, name of the 4-H'er, county, and date of processing on the bottom of each jar. Exhibits containing multiple jars such as a "3 jar exhibit" should be placed in a container to keep jars together. Each bag containing dried foods should also be labeled with the name of the food item, the name of the 4-H'er, county and drying date. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep exhibit containing the 3 self-sealing bags together.
- H. **RECIPE/SUPPORTING INFORMATION:** - Recipe must be included, and may be handwritten, photocopied or typed. Commercially prepared seasoning mixes are not allowed. Current USDA guidelines for food preservation methods MUST be followed. Suggested sources of recipes include:
 - 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)
 - USDA Guide to Home Canning https://nchfp.uga.edu/publications/publications_usda.html
 - Nebraska Extension's Food Website <https://food.unl.edu/food-preservation> or Extension publications from other states

- I. **Ball Blue Book** (published after 2009)
- J. All exhibits must include the 4-H Food Preservation Card attached to the project as the required supporting information or include following information with exhibit:
 1. Name of product
 2. Date preserved
 3. Method of preservation (pressure canner or water bath canner or dried)
 4. Type of pack (raw pack or hot pack)
 5. Altitude (and altitude adjustment, if needed)
 6. Processing time
 7. Number of pounds pressure (if pressure canner used)
 8. Drying method and drying time (for dried food exhibits).
 9. Recipe and source of recipe (if a publication, include name and date).

DIVISION 407: FOOD PRESERVATION

UNIT 1: Freezing

E407001. Baked Item Made with Frozen Product. Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe MUST include a food item preserved by the freezing method done by the 4-H'er. 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

E407002. Dried Fruits. (SF 154) Exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum ¼ cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

E407003. Fruit Leather. (SF 154) 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.

E407004. Vegetable Leather. (SF 154) Exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4 inch sample of each leather together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

E407005. Dried Vegetables. (SF 149) Exhibit 3 different samples of 3 different dried vegetables. Place each food (¼ cup of each vegetable) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.

E407006. Dried Herbs. (SF 149) 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.

E407007. Baked Item Made with Dried Produce / Herbs. (SF 156) 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 include a dried produce/herb item made by the 4-H'er. (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 food item.

UNIT 3: Boiling Water Canning

E407008. 1 JAR FRUIT EXHIBIT. (SF 150) Exhibit one jar of a canned fruit. Entry must be processed in a boiling water bath according to current USDA recommendations.

E407009. 3 JAR FRUIT EXHIBIT. (SF 150) Exhibit 3 jars of different canned fruits. May be three different techniques for the same type of product, (ex. applesauce, canned apples, apple pie filling, etc.) Entry must be processed in a boiling water bath according to current USDA recommendations.

E407010. 1 JAR TOMATO EXHIBIT. (SF 150) Exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.

E407011. 3 JAR TOMATO EXHIBIT. (SF 150) Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a boiling water bath according to current USDA recommendations.

E407012. 1 JAR PICKLED EXHIBIT. (SF 150) One jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations.

E407013. 3 JAR PICKLED EXHIBIT. (SF 150) Exhibit 3 jars of different kinds of canned pickled and/or fermented products. Entry must be processed in a boiling water bath according to current USDA recommendations.

E407014. 1 JAR JELLIED EXHIBIT. (SF 150) Exhibit one jar of jam, jelly or marmalade. Entry must be process in a boiling water bath according to current USDA recommendations.

E407015. 3 JAR JELLIED EXHIBIT. (SF 150) Exhibit 3 different kinds of jelled products. Entry may be made up of either pints or half pints. Entry must be process in a boiling water bath according to current USDA recommendations.

UNIT 4: Pressure Canning

E407016. 1 JAR VEGETABLE OR MEAT EXHIBIT. (SF 150) Exhibit one jar of a canned vegetable or meat. Include only vegetables or meats canned in a pressure canner according to current USDA recommendations.

E407017. 3 JAR VEGETABLE EXHIBIT. (SF 150) Exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.

E407018. 3 JAR MEAT EXHIBIT. (SF 150) Exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.

E407019. QUICK DINNER. (SF 151) 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 inch x 5 inch file card and attach to one of the jars. Entry must be processed according to current USDA recommendations.

E407020. JAR TOMATO EXHIBIT. (SF 150) Exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.

E407021. 3 JAR TOMATO EXHIBIT. (SF 150) Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a pressure canner according to current USDA recommendations.

HEALTHY LIFESTYLES EDUCATION

Safety Department E

Superintendent: Ashley Ahrens & Erin Norman

Junior Superintendents: Garrett Tollman, Bailey Sellman, & Miranda Betson

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

DIVISION 440: SAFETY

E440001. First Aid Kit (SF 110) 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:

1. 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.)
2. Materials with expiration dates on or before the judging date. (This includes sterile items, nonprescription medications, ointments, salves, etc. Articles dated month and year only are considered expired on the last day of that month.)
3. Any controlled substance.

E440002. Disaster Kit (Emergency Preparedness). (SF 111) Disaster kits must contain the materials to prepare a person or 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. Youth are encouraged to test their kit by challenging their family to try to survive using only the included materials for the designated time. If tested, share that experience in kit documentation. Please include an explanation of drinking water needs for your disaster kit. Do not bring actual water to the fair in the kit.

E440003. Safety Scrapbook. (SF 292) The scrapbook must contain 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. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½ inches x 11 inches size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

E440004. Safety Experience. (SF 190) The exhibit should share a learning experience the youth had related to safety. Examples could be participating in a first aid or first responder training, a farm safety day camp, babysitting workshop or similar event; scientific experiment related to safety; or the youth's response to an emergency situation. The exhibit should include a detailed description of the experience, the youth's role, some evidence of the youth'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 ten pages of narrative and pictures, or a multimedia presentation and burned on a CD lasting up to five minutes.

E440005. Careers in Safety. (SF 191) The exhibit should identify a specific career area in the safety field and include education and certification requirements for available positions, salary information, demand for the field and a summary of the youth's interest in the field. Examples of careers include firefighters, paramedics, emergency management personnel, some military assignments, law enforcement officers, emergency room medical personnel, fire investigator and more. It is recommended youth interview a professional in the field in their research. Additional research sources might include books, articles, career web sites, job-related government web sites or interviews with career placement or guidance counselors. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation and burned on a CD lasting up to five minutes.

DIVISION 450: FIRE SAFETY

E450001. Fire Safety Poster. (SF 269) This is a home floor plan drawn to scale showing primary and secondary escape routes and where fire extinguishers and smoke detectors are located. Draw every room, including all doors and windows. Use black or blue arrows showing primary escape routes from each room. Use red arrows showing secondary routes to use if the primary routes are blocked. Primary and secondary escape routes must lead outside to an assembly location. Documentation should include evidence the escape plan has been practiced at least four times. Posters must be constructed of commercial poster board at least 11 inches x 14 inches but not larger than 22 inches x 28 inches.

E450002. Fire Safety Scrapbook. (SF 270) The 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. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½ inches x 11 inches size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

E450003. Fire Prevention Poster. (SF 268) Posters should promote a fire prevention message and be appropriate to display during National Fire Prevention Week or to promote fire safety at specific times of the year (Halloween, 4th of July, etc.). Originality, clarity and artistic impression will all be judged. Do not include live fireworks, matches or other flammable/explosive/hazardous materials. Any entry containing this material will be disqualified. Posters must be constructed of commercial poster board at least 11 inches x 14 inches but not larger than 22 inches x 28 inches.