

General rules for Family and Consumer Sciences exhibits: All exhibits can be entered on Wednesday, July 17<sup>th</sup> before 10:00 a.m. Juvenile entries (under 19 years of age) should include age on the entry form. All Polk County residents are eligible to participate as well as any out of county resident who has a 4-H family member enrolled in the Polk County 4-H program of the current year.

**All textile articles should be cleaned and neatly pressed. Clothing garment must be entered on the hanger.**

**EXHIBITS ARE ON DISPLAY FOR SEVERAL DAYS Please limit exhibits to products that 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, frosting, 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 the bread doughs are considered safe. Cream cheese fillings or melted cheese toppings may result in an unsafe food product by the time the item is judged due to unpredictable heat and/or weather conditions and will be disqualified.**

**All canned goods must be in standard canning jars. Coffee and salad dressing jars will not be accepted. Spoilage disqualified. EACH JAR MUST HAVE A LABEL ON THE BOTTOM WITH DATE, CONTENT, PROCESSING METHOD AND TIME. Utility pack is preferred. All non-acid vegetables and meats must be processed in a pressure canner. All canned goods must have been canned in the current canning season. Any canning lids marked with ribbon placings (P.B.R.W.) from previous years' judging will be disqualified. The same canned goods cannot be exhibited year after year. Refer to Extension Bulletin, HEG79-108, Home Canning of Fruits and Vegetables for additional information and the correct method and time for processing at the altitude for items in Polk County. After judging, all items will be donated to the Free Barbecue, and placed in cold storage to be served to the public, unless otherwise notified that the exhibitor wishes to pick up the item after it is judged.**

**Honey cookery should have attached a complete recipe. All honey exhibits must have been made with at least 50% honey as source of sweetening; fructose exhibits must be made with 100% fructose. No person can enter more than one article in any one class. Any article which has been awarded a premium in previous years cannot be entered. Baked food exhibits must have been baked prior to midnight-do not enter hot baked goods. The recipe must be included with the exhibit and may be typed, handwritten, or photo-copied. Collections are judged only as collections, not singly.**

**FOOD PREPARATION**  
**Premium: Purple \$1.50, Blue \$1.25, Red \$1.00**

Please identify if exhibitor is Child, Youth or Adult. Top awards will be recognized in each division.

**BREAD - ONE LOAF BAKED IN SINGLE BREAD PAN**

- O053001 FRENCH BREAD**
- O053002 COFFEE CAKE**
- O053003 NUT BREAD**
- O053004 QUICK BREAD**
- O053005 BREAD MACHINE**
- O053006 WHOLE WHEAT**
- O053007 RYE**
- O053008 SOUR DOUGH**
- O053009 WHITE**
- O053010 OTHER YEAST BREAD (NOT LISTED)**
- O053011 OTHER NON YEAST BREAD (NOT LISTED)**

**ROLLS - FOUR ON A PAPER PLATE**

- O053012 WHITE**
- O053013 WHOLE WHEAT**
- O053014 PARKER HOUSE**
- O053015 KOLACHES**
- O053016 MUFFINS**
- O053017 BISCUITS**
- O053018 CINNAMON**
- O053019 ANY OTHER (NOT LISTED)**

**CAKES AND PIES** Must be on a paper or cardboard plate, whole and frosted, unless otherwise specified. Not responsible for non-disposable plates or pans.

- O053020 SPECIAL OCCASION CAKE**
- O053021 BIRTHDAY CAKE**
- O053022 DEOCRATED CUPCAKES four on a paper plate**
- O053023 ANY OTHER CAKE (NOT LISTED)**
- O053024 PIE**

**COOKIES** Four cookies on a paper plate.

- O053025 DROP COOKIE**
- O053026 BAR COOKIE**
- O053027 ROLLED COOKIE**
- O053028 NO BAKE COOKIE**
- O053029 DECORATED COOKIE**
- O053030 OTHER**

**CANDY** six each on a paper plate.

**O053031 CHOCOLATE FUDGE**  
**O053032 COCONUT**  
**O053033 DIVINITY**  
**O053034 FONDANT**  
**O053035 MINTS**  
**O053036 PEANUT BRITTLE**  
**O053037 OTHER**

**MICROWAVE COOKING**

**O053038 MUFFINS** four on a paper plate  
**O053039 CAKES**  
**O053040 CANDY** six on a paper plate  
**O053041 COOKIES** four on a paper plate

**HONEY COOKERY**

**O053042 BREAD**  
**O053043 CAKE**  
**O053044 COOKIE** four on a paper plate  
**O053045 CANDY** six on a paper plate

**SUGAR SUBSTITUTE COOKERY**

**O053046 BREAD**  
**O053047 CAKE**  
**O053048 COOKIES** four on a paper plate  
**O053049 CANDY** six on a paper plate

**GLUTEN FREE COOKERY**

**O053050 BREAD**  
**O053051 CAKE**  
**O053052 COOKIES** four on a paper plate  
**O053053 OTHER**

**MADE FROM CAKE MIX**

**O053054 BARS**  
**O053055 COOKIES**  
**O053056 CAKE**  
**O053057 BUNDT CAKE**  
**O053058 ROLLS**  
**O053059 OTHER**