

DIVISIONS - SHOOTING SPORTS

4-H Shooting Sports requires youth to be under the direct leadership of a certified 4-H Shooting Sports Leader in either shotgun, rifle (BB gun), archery, and/or hunting skills. No firearms can be entered as an exhibit, nor live ammunition; however, information can be shared through pictures. **Classes 4-9 can be entered by anyone in the conservation and wildlife area.**

- To participate in these competitions, a 4-Her **MUST** have been enrolled in the Boone County 4-H Shooting Sports Club during the current year and **MUST** have attended at least **three** practices in each discipline with a certified instructor to compete in that division at the fair.
- To compete in:
 - ◆ BB Gun/Archery - Open to all youth age 8 & older before January 1 of the current calendar year.
 - ◆ Air Rifle - 4-Her must be in their second year, or age 9 & older before January 1 of the current calendar year.
 - ◆ .22 Rifle/Shotgun - 4-Her must be age 10 & older before January 1 of the current calendar year. Youth 10 and 11 years of age **must be** accompanied by an adult.
- **Dress Code** - Participants are expected to dress appropriately for the events in which they participate and contestants **must** wear the official County 4-H/FFA dark grey colored t-shirt with current logo on back. Both young people and adults should wear attire appropriate for the weather while remaining modest and socially acceptable. Clothing with sexually suggestive wording or graphics, and alcohol or tobacco advertisement is not appropriate.
- **Footwear Policy** - **Any participant while on the shooting line or shooting in any outdoor shooting event is required to wear shoes that completely cover their feet. Examples of footwear that are not acceptable include, but not limited to: sandals, clogs, crocks, flip-flops, and bare feet.**
- Please read carefully to assure entry in proper age division. All ages will be before January 1 of the current calendar year.
- BB Guns are defined as: Any spring gun or air powered gun that shoots BB's. Must be smooth bore, weigh 6 pounds or under, will be shot at 5 meters (16' 4"). No scopes allowed.
- Air Rifles are defined as: Any hand pump or CO2 air rifle with or without rifling in the barrel that uses .177 caliber pellets. Scopes will not be allowed! Targets will be shot at 10 meters (32' 9").
- Members are encouraged to use their own firearms. Club guns will be available to use if needed.
- Auto shotgun must have shell catcher.

The following are rules for firearms brought to the fair match:

- ◆ They meet the specific criteria mentioned in the definitions above.
- ◆ All firearms be clean and in good working condition.
- ◆ Shooters are responsible for and must wear ear protection for .22 Rifle and Trap Shooting Competition. Safety glasses will be provided and must be worn for all events.
- ◆ All ammunition must be separate from the gun. For trap, a maximum load of 1 1/8 ounce of size 7 1/2, 8, 8 1/2, or 9 shot must be used.

PREMIUMS: Purple-\$3.00; Blue-\$2.00; Red-\$1.50; White-\$1.00

DIVISION 347 - EXHIBIT CLASSES

- 4-H Shooting Sports requires youth to be under the direct leadership of a certified 4-H Shooting Sports Leader in either shotgun, rifle (bb gun), archery, pistol, blackpowder/muzzleloader, and/or hunting skills.
 - No firearms can be entered as an exhibit, nor live ammunition; however information can be shared through pictures.
- D347001* **SHOOTING AID OR ACCESSORY** - Any item which helps the shooter/hunter better perform their sport, examples: rifle sling, kneeling roll, arm guard, shotgun vest, target boxes, shooting stick, etc. Include your design, or plans you adapted, what the item is and used for.
- D347002* **STORAGE CASE** - An item with the purpose to safely hold a firearm, bow, ammunition, and/or arrows, examples: soft sided shotgun case, quivers, firearm safe. Include your design, or plans you adapted. Explain how the storage case is used.
- D347003* **PRACTICE GAME OR ACTIVITY** - Invent or adapt an activity to practice or teach a project skill. Include pictures of youth playing the game, testimonials for 4-H members who played the game, what skill is being worked on, and directions for the game. Explain how you came up with the game or adapted it to fit the needs of your group members.
- D347004* **SCIENCE, ENGINEERING, TECHNOLOGY ADVANCEMENTS OF SHOOTING SPORTS, CONSERVATION or WILDLIFE ESSAY OR DISPLAY** - Choose a specific area of shooting sports and share how it has advanced, include a timeline and photos or illustrations. Keep your topic narrow and manageable. Essays are limited to 1000 words and should be on 8 1/2" x 11" paper.
- D347005* **HEALTHY LIFESTYLES PLAN** - Include a shooter's, **hiker's, camper's, angler's** diet and exercise plan, and how the 4-H member will benefit or improve from following the plan. Ideally, the 4-H member would follow the plan and include some journal entries about adaptations or improvements made while following the plan.

- D347006* **CITIZENSHIP/LEADERSHIP PROJECT** - Share a display on a citizenship project or leadership project the 4-H member took on individually or with a group to improve some aspect related to 4-H Shooting Sports, Conservation or Wildlife. Examples could be range development, conservation planting to attract wildlife, a camp, or 4-H recruitment event. Include who benefitted from the project, what the 4-H member's role was, and any results.
- D347007* **CAREER DEVELOPMENT/COLLEGE ESSAY, INTERVIEW OR DISPLAY** - Research opportunities for careers related to this area or opportunities for college majors or college activities to help discover using project skills beyond a person's 4-H career. Essays are limited to 1000 words and should be on 8 1/2" x 11" paper. Interviews need to include a picture of the interviewee in their work setting, questions asked, and a transcript of answers.
- D347008* **COMMUNITY VITALITY DISPLAY** - Explore the difference shooting sports, conservation, fishing, and hunting make in keeping Nebraska vibrant especially in rural area. Present facts and research in an interesting way for the public to learn from.
- D347009* **AG LITERACY-VALUE ADDED AGRICULTURE INTERVIEW OR RESEARCH PROJECT** - Explore how traditional ag producers are adding value to their production agriculture operations through conservation efforts, hunting, raising pheasants, shooting sports related tourism, etc. Present findings in an interesting way for the public to learn from.

DIVISION 458 - ARCHERY

- BareBow - (BB), Compound, Recurve/Long Bow, or Genesis, must be shot with fingers, no sights or stabilizers allowed.
- Freestyle - (F), any bow, shot with a mechanical release, sights, stabilizers, and peep sights allowed.

Enter only one of the following:

- D458001 **ARCHERY - BAREBOW** - 8-11 Years Old
 D458002 **ARCHERY - BAREBOW** - 12-14 Years Old
 D458003 **ARCHERY - BAREBOW** - 15-18 Years Old
 D458004 **ARCHERY - FREESTYLE** - 8-11 Years Old
 D458005 **ARCHERY - FREESTYLE** - 12-14 Years Old
 D458006 **ARCHERY - FREESTYLE** - 15-18 Years Old

DIVISION 461 - BB GUN

- Course of Fire - 10 shots prone, 10 shots standing, 10 shots kneeling, 10 shots sitting (Total of 40 shots).

- D461001 **BB GUN** - 8 Years Old
 D461002 **BB GUN** - 9 Years Old
 D461003 **BB GUN** - 10 Years Old
 D461004 **BB GUN** - 11 Years Old
 D461005 **BB GUN** - 12-13 Years Old
 D461006 **BB GUN** - 14 & Over

DIVISION 462 - AIR RIFLE

- Course of Fire - 20 shots standing, 10 shots prone, 10 shots kneeling (Total of 40 shots).

- D462001 **AIR RIFLE** - 9 Years Old
 D462002 **AIR RIFLE** - 10 Years Old
 D462003 **AIR RIFLE** - 11 Years Old
 D462004 **AIR RIFLE** - 12-13 Years Old
 D462005 **AIR RIFLE** - 14 & Over

DIVISION 463 - .22 RIFLE

- NRA .22 silhouette targets will be shot.
 - ◆ 10 - Rams at 100 meters or 109 yds.
 - ◆ 10 - Turkeys at 77 meters or 84 yds.
 - ◆ 10 - Pigs at 60 meters or 66 yds.
 - ◆ 10 - Chickens at 40 meters or 43 yds.
- Only .22 long rifle ammunition can be used. Hot loads, such as "stinger" are not permitted.
- Any sights, telescopic or metallic may be used.
- Trigger guard must be present. Any trigger not subject to discharge. In event of accidental discharge, trigger shall be adjusted or gun replaced.
- The stock must be traditionally styled from conventional configurations such as factory rifle stocks or silhouette stocks.
- The barrel can not exceed 30" from face of closed bolt to end of barrel.

Enter only one of the following:

- D463001 **.22 RIFLE** - Open Sites - 10 & 11 Years Old
- D463002 **.22 RIFLE** - Open Sites - 12 & 13 Years Old
- D463003 **.22 RIFLE** - Open Sites - 14 & Over
- D463004 **.22 RIFLE** - Scope - 10 & 11 Years Old
- D463005 **.22 RIFLE** - Scope - 12 & 13 Years Old
- D463006 **.22 RIFLE** - Scope - 14 & Over

DIVISION 464 - TRAP SHOOTING

- D464001 **TRAP SHOOTING** - 10 & 11 Years Old - Course of Fire - 25 - 16 Yards
- D464002 **TRAP SHOOTING** - 12 & 13 Years Old - Course of Fire - 50 - 16 Yards
- D464003 **TRAP SHOOTING** - 14 & 15 Years Old - Course of Fire - 25 - 16 Yards; 25 - 20 Yards
- D464004 **TRAP SHOOTING** - 16 & Over - Course of Fire - 25 - 16 Yards; 25 - 20 Yards; 25 - Doubles - 16 Yards

HEALTHY LIFESTYLES

DIVISIONS - FOODS, NUTRITION & FOOD PRESERVATION

- **GENERAL** - Members may exhibit only in the projects in which enrolled. Baked products entered in county fairs cannot be entered at State Fair—products should be baked the day before entry day or as designated by county.
- **SUPPORTING INFORMATION** - Each exhibit must include the recipe. Recipes may be handwritten, photocopied or typed. Place food on the appropriate size plate or container and put in 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.
- **ADDITIONAL INFORMATION** - Additional information including recipes and supplemental information should be identified with 4-H'er'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/county-fair/scoresheets>. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered a ribbon placing. **Commercially prepared mixes are ONLY allowed in Cooking 201 Creative Mix Class.** Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be lowered a ribbon placing.
- **FOOD PROJECTS** - Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. Extension Staff and the Fair Board are not responsible for non-disposable containers, lost bread boards, china or glassware.
- **INGREDIENTS** - Any ingredient that the 4-H'er uses must be able to be purchased by the 4-H'er. Ingredients such as beer, whiskey, rum, etc. may NOT be used in any recipe file or food exhibit. Exhibits that include alcohol will be disqualified.
- **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 the 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)

Scoresheets, forms, contest study materials, and additional resources can be found at: <https://go.unl.edu/ne4hfood-nutrition>

PREMIUMS: Purple-\$3.00; Blue-\$2.00; Red-\$1.50; White-\$1.00

DIVISION 350 - GENERAL FOODS & NUTRITION

- E350001* **FOOD SCIENCE EXPLORATION** - Open to any 4-H'er enrolled in a Foods and Nutrition or Food Preservation 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. Scoresheet SF152

- E350002* **FOODS and NUTRITION POSTER, SCRAPBOOK OR PHOTO DISPLAY** - Open to any 4-Her enrolled in a Foods and Nutrition or Food Preservation project. The project should involve a nutrition or food preparation technique or career concept/lesson. This might contain pictures, captions, and/or a report to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), a computer based presentation printed off with notes pages (if needed) and displayed in binder; an exhibit display; or a written report in a portfolio or notebook. Consider neatness and creativity. Scoresheet SF122
- E350003* **PHYSICAL ACTIVITY and HEALTH POSTER, SCRAPBOOK OR PHOTO DISPLAY** - Open to any 4-Her enrolled in a Foods and Nutrition or Food Preservation project. The project should involve a physical activity or career concept/lesson. This might contain pictures, captions, and/or a report to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), a computer based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, or a written report in a portfolio or notebook. Consider neatness and creativity. Scoresheet SF122
- E350004* **COOKING BASICS RECIPE FILE** - 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-Her is in 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. Scoresheet SF251

DIVISION 401 – COOKING 101

- County Project Only – not eligible for State Fair Competition.

- E401001 **COOKIES** - Any recipe, 4 on a paper plate.
- E401002 **MUFFINS** - Any recipe, 4 on a paper plate.
- E401003 **NO BAKE COOKIE** - Any recipe, 4 on a paper plate.
- E401004 **CEREAL BAR COOKIE** - Any cereal based recipe made in pan and cut into bars or squares for serving.
- E401005 **GRANOLA BAR** - Any recipe, 4 on a paper plate.
- E401006 **BROWNIES** - Any recipe, 4 on a paper plate.
- E401007 **SNACK MIX** - Any recipe, at least 1 cup in self-sealing plastic bag.

DIVISION 410 - COOKING 201

- E410001* **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 approximately 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. Scoresheet SF123
- E410002* **CREATIVE MIXES** - Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or 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 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? Scoresheet SF142
- E410003* **BISCUITS OR SCONES** - 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. Scoresheet SF136
- E410004* **HEALTHY BAKED PRODUCT** - Any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe must contain a fruit or vegetable as part of the ingredients (e.g. banana bars, cantaloupe quick bread, zucchini muffins, etc.). Scoresheet SF124
- E410005* **COFFEE CAKE** - Any recipe or shape, non-yeast product - at least 3/4 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. Scoresheet SF129
- E410006* **BAKING WITH WHOLE GRAINS** - Any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe must contain whole grains as part of the ingredients (e.g. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.). Scoresheet SF134
- E410007* **NON-TRADITIONAL BAKED PRODUCT** - Exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) Entry must be at least 3/4 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. Scoresheet SF133

DIVISION 411 - COOKING 301

- Any bread item prepared or baked using a bread machine should be entered under Cooking 201, Non-Traditional Baked Product. All exhibits made in the Cooking 301 or 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** - Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate. Scoresheet SF138
- E411002* **WHOLE WHEAT OR MIXED GRAIN BREAD** - Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate. Scoresheet SF138
- E411003* **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. Scoresheet SF138
- E411004* **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. Scoresheet SF138
- E411005* **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. Scoresheet SF141
- E411006* **SHORTENED CAKE** - NOT FROM A CAKE MIX! - At least 3/4 of the cake. 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). Scoresheet SF137

DIVISION 412 – COOKING 401

- Any bread item prepared or baked using a bread machine should be entered under the Cooking 201. All exhibits made in the Cooking 301 or 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** - 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-inch disposable pie pan is recommended. Scoresheet SF144
- E412002* **FAMILY FOOD TRADITIONS** - 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, and (C) where or who the traditional recipe came from. Scoresheet SF145
- E412003* **ETHNIC FOOD EXHIBIT** - 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. Scoresheet SF146
- E412004* **CANDY** - Any recipe, 4 pieces of candy on a paper plate or 1/2 cup. No items containing cream cheese will be accepted (e.g. cream cheese mints). Candy may be cooked or no cook; dipped, molded, made in the microwave or other methods of candy preparation. Recipe must be included. Scoresheet SF147
- E412005* **FOAM CAKE** - Original recipe (no mixes) of at least 3/4 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 frosting allowed). Scoresheet SF138
- E412006* **SPECIALTY PASTRY** - 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. Scoresheet SF143

DIVISION 414 - YOU LEARN TO BAKE

- County Project Only - Not eligible for state fair
- E414001 **PEANUT BUTTER COOKIES** - (Any recipe) - 4 on a small plate (6").
- E414002 **OATMEAL DROP COOKIES** - (Any recipe) - 4 on a small plate (6").
- E414003 **BROWNIES** - (Any recipe) - 4 on a small plate (6").
- E414004 **COFFEE CAKE WITH TOPPING** - (Any recipe) - Made from basic ingredients - 5" x 5" square.

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.
- 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 2 to 5 (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" 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 butter cream 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.
 - ◆ Beginning Class: 1st & 2nd years in project
 - ◆ Intermediate Class: 3rd & 4th years in project
 - ◆ Advanced Class: 5th year & over in project
- SPECIAL AWARDS - CAKE DECORATING - Wilton Enterprises will award one "Best of Class" award and one Runner-Up award in the Decorated Cake Division and the Cupcake Division.
- OPTIONAL: Photos can be taken of your cake after judging and you may take your cake home.
- Entries are not eligible for State Fair.



DIVISION 418 - CAKE DECORATING - BEGINNING

- E418001 **FOUR DECORATED COOKIES** - using any decorating technique. Edible foods, fruit or candy may be used to decorate.
- E418002 **FOUR DECORATED CUPCAKES** - using any decorating technique. Edible foods, fruit or candy may be used to decorate.
- E418003 **DECORATED SINGLE LAYER CAKE** - frosted in butter cream. 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 1 LAYER CAKE** - using 2-3 different tips in decorating. Record the tips used in the project.
- E418008 **FOUR DECORATED CUPCAKES** - using 2-3 different tips in decorating. Record the tips 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

- Projects using decorating tips and techniques. All of the projects should use buttercream frosting.
- 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 frosting 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 cookies frosted with buttercream frosting. 2-3 tips should be used.
- 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

- Projects that require no decorating techniques.
- 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 frosting. 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. Cake should show advanced borders or lattice work.
- E418023 **DECORATED CAKE** - of 2 or more tiers. Cake should show advanced flower making detail.
- E418024 **DECORATED CAKE** - of 2 or more tiers. 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 420 - MISCELLANEOUS

- One entry per member enrolled in a foods project.
- 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 (i.e. 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. 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. Improperly canned or potentially hazardous food items will be disqualified. Spoiled or unsealed container disqualifies entry.
- **JARS** - Jars do not need to be 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.
- **CURRENT PROJECT** - All canning must be the result of this year's 4-H project.
- **CRITERIA FOR JUDGING** - Exhibits will be judged according to score sheets available at your local extension office or at <http://4h.unl.edu/fairbook/general/scoresheets>. Incomplete exhibits will be lowered a ribbon placing. Canned food items not processed according to altitude in the county (Boone County - 1800 feet) will be lowered one ribbon placing. Check <https://food.unl.edu/canning#elevation> for your county's altitude and how that affects food processing times and pounds of pressure.
- Extension Staff and the Fair Board are not responsible for lost, damaged or broken exhibits.
- **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. 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.

- 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, 2015 revision (https://nchfp.uga.edu/publications/publications_usda.html)
 - ◆ Nebraska Extension's Food Website: <http://food.unl.edu/web/preservation/home> or Extension publications from other states
 - ◆ Ball Blue Book (published after 2009) or online: <https://www.freshpreserving.com/recipes>
- All exhibits must include the **4-H Food Preservation Card** attached to the project as the required supporting information or include the following information with the exhibit:
 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 is used)
 8. Drying method and drying time (for dried food exhibits).
 9. Recipe and source of recipe (if a publication, include name and date).




4-H Food Preservation Card
(Please attach this card to each item preserved.)

Name: _____ County: _____

Name of Product: _____ Date Preserved: _____

Processing Method (check one):

Boiling Water Canner, indicate type of pack (check one): raw pack OR hot pack
Processing time: _____ Altitude: _____

Pressure Canner, indicate type of gauge (check one): weighted gauge OR dial gauge
Product was canned at _____ pounds pressure at _____ altitude.
Processing time: _____ packed hot: or packed cold:

Dehydration: Dehydrator OR Other, please specify (ie: oven, solar, etc.): _____
Approximate drying time: _____

Include instructions/recipe for product on back of this card. 4-H'ers must include the source of the recipe/instructions. 4-H'ers must use approved USDA recipes/instructions. Include pre-treatment for dried products.

PREMIUMS: Purple-\$3.00; Blue-\$2.00; Red-\$1.50; White-\$1.00

DIVISION 406 - UNIT 1 FREEZING

- E406001* **BAKED ITEM MADE WITH FROZEN PRODUCE** - 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. (e.g. 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. Scoresheet SF155

DIVISION 407 - UNIT 2 DRYING

- E407001* **DRIED FRUITS** - Exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (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. Scoresheet SF154
- 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. Scoresheet SF154
- E407003* **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 separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together. Scoresheet SF154
- E407004* **DRIED VEGETABLES** - Exhibit 3 different samples of 3 different dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together. Scoresheet SF149
- E407005* **DRIED HERBS** - Exhibit 3 different samples of 3 different dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together. Scoresheet SF149

- E407006* **BAKED ITEM MADE WITH DRIED PRODUCE/HERBS** - 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 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. Scoresheet SF156

DIVISION 408 - UNIT 3 BOILING WATER CANNING

- E408001* **1 JAR FRUIT EXHIBIT** - Exhibit one jar of a canned fruit. Entry must be processed in a boiling water bath according to current USDA recommendations. Scoresheet SF150
- E408002* **3 JAR FRUIT EXHIBIT** - Exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, (i.e. applesauce, canned apples, apple pie filling, etc.). Entry must be processed in a boiling water bath according to current USDA recommendations. Scoresheet SF150
- E408003* **1 JAR TOMATO EXHIBIT** - 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. Scoresheet SF150
- E408004* **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. Scoresheet SF150
- E408005* **1 JAR PICKLED EXHIBIT** - Exhibit one jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations. Scoresheet SF150
- E408006* **3 JAR PICKLED EXHIBIT** - 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. Scoresheet SF150
- E408007* **1 JAR JELLED EXHIBIT** - Exhibit one jar of a jam, jelly or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations. Scoresheet SF153
- E408008* **3 JAR JELLED EXHIBIT** - Exhibit 3 different kinds of jelled products. Entry may be made up of either pints or half pints. Entry must be processed in a boiling water bath according to current USDA recommendations. Scoresheet SF153

DIVISION 414 - UNIT 4 PRESSURE CANNING

- E414001* **1 JAR VEGETABLE OR MEAT EXHIBIT** - Exhibit one jar of a canned vegetable or meat. Include only vegetables or meats canned in a pressure canner according to current USDA recommendations. Scoresheet SF150
- E414002* **3 JAR VEGETABLE EXHIBIT** - Exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations. Scoresheet SF150
- E414003* **3 JAR MEAT EXHIBIT** - Exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations. Scoresheet SF150
- E414004* **QUICK DINNER** - Exhibit a minimum of 3 jars to a maximum of 5 jars plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3" x 5" file card and attach to one of the jars. Entry must be processed canner according to current USDA recommendations. Scoresheet SF151
- E414005* **1 JAR TOMATO EXHIBIT** - Exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations. Scoresheet SF150
- E414006* **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 pressure canner according to current USDA recommendations. Scoresheet SF150

DEPARTMENT - SAFETY

Scoresheets, forms, contest study materials, and additional resources can be found at: <https://go.unl.edu/ne4hsafety>

PREMIUMS: Purple-\$3.00; Blue-\$2.00; Red-\$1.50; White-\$1.00

DIVISION 440 - SAFETY

- 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 for guidance. Scoresheet SF110
- 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, non-prescription medications, ointments, salves, etc. Articles dated month and year only are considered expired on the last day of that month.)
 - 3) Any controlled substance.