

FOOD & NUTRITION

The purpose of Food & Nutrition exhibits is to encourage the knowledge about healthy eating and safe cooking practices. This category has multiple projects that allow 4-H'ers to progress over numerous years. In addition, 4-H'ers will learn different types of cooking methods to improve their knowledge of cuisine.

- **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 including recipes and supplemental information should be identified with 4-H'ers name and county.
- **CRITERIA FOR JUDGING** - Exhibits will be judged according to score sheets available at your local extension office or <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 ONLY allowed in Cooking 201 Creative Mix Class. 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.
- **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:
 - A. Egg or cream fillings and cream cheese frostings
 - B. Any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc.)
 - C. Melted cheese on top of food exhibit (cheese mixed into baked goods is considered safe and will be accepted)
 - D. 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** - Show the connection between food and science as it relates to food preparation, food safety, food preservation 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. (SF152)
- E350002* **FOODS and NUTRITION POSTER, SCRAPBOOK OR PHOTO DISPLAY** - 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 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. (SF122)
- E350003* **PHYSICAL ACTIVITY and HEALTH POSTER, SCRAPBOOK OR PHOTO DISPLAY** - 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 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. (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-H'er 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. Exhibits that include recipes with alcohol (wine, beer, rum, etc.) will be disqualified. (SF251)

DIVISION 401 – COOKING 101

- County Project Only – not eligible for State Fair Competition. Each exhibit must include the recipe.

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 ½" x 4 ½" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging. (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 ready-made 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? (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. (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.). (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. (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.). (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 an air fryer, baked item made in microwave, etc.) Entry must be at least 3/4 of 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. (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.
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| E411001* | WHITE BREAD - Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate. (SF138) |
| E411002* | WHOLE WHEAT OR MIXED GRAIN BREAD - Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate. (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. (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. (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. (SF141) |
| E411006* | SHORTENED CAKE - Must exhibit at least 3/4 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). (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. (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. (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 background information about the country or culture the food item is representing. (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. (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). (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. (SF143)

DIVISION 409 - YOU LEARN TO BAKE

- County Project Only – not eligible for State Fair Competition. Each exhibit must include the recipe.

- E409001 **PEANUT BUTTER COOKIES** - (Any recipe) - 4 on a small plate (6").
- E409002 **OATMEAL DROP COOKIES** - (Any recipe) - 4 on a small plate (6").
- E409003 **BROWNIES** - (Any recipe) - 4 on a small plate (6").
- E409004 **COFFEE CAKE WITH TOPPING** - (Any recipe) - Made from basic ingredients - 5" x 5" square.

DIVISION 417 - CUPCAKE & COOKIE DECORATING

- Entries are not eligible for State Fair. Mixes may be used.
 - Use a 4"x6" index card to record decorating tips and technique(s) used.
- 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.
- E417004 **SINGLE DECORATED COOKIE** - Use a variety of techniques and frosting to decorate a single entry cookie.
- E417005 **COOKIE THEME EXHIBIT** - Decorate 2-5 cookies. Exhibit should carry out a theme.
- E417006 **START TO FINISH** - Bake and decorate a pair of cookies. Any cookie and frosting recipe may be used but baking & decorating must be the main work of the 4-H member with minimal adult help.
- E417007 **MIXED PLATE** - Decorate two cookies and two cupcakes to the theme of your choice. Any frosting and cake/cookie recipe can be used.

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 cake 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 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.
 1. Beginning Class: 1st & 2nd years in project
 2. Intermediate Class: 3rd & 4th years in project
 3. Advanced Class: 5th year & over in project
- 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 **DECORATED SINGLE LAYER CAKE** - frosted with frosting of choice. Edible foods, fruit or candy may be used to decorate.
- E418002 **DECORATED CUT-UP CAKE** - Any shape created with single layer cakes. Cakes should be frosted with frosting of choice. Edible foods, fruit or candy may be used to decorate.
- E418003 **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.
- E418004 **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.
- E418005 **DECORATED 1 LAYER CAKE** - using 2-3 different tips in decorating. Record the tips used in the project.

DIVISION 418 - CAKE DECORATING - INTERMEDIATE

- Projects using decorating tips and techniques. All of the projects can use frosting of choice.
- 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 can use frosting of choice.
- 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 **TWO LAYER 8, 9, OR 10 INCH CAKE** - using 2-3 tips, and including flat surface flower or other design, and a side trim.
- E418014 **FOUR IDENTICAL DECORATING PICKS** - made from royal icing. Use 2-3 different tips. Display on a piece of Styrofoam, or on 4 frosted cupcakes.
- E418015 **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.
- E418016 **DECORATED CAKE** - made from a character pan.
- E418017 **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 with frosting of choice. Artificial/real flowers may be used to enhance the cake. More than one cake mix can be used in advanced level classes.
- 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.

- 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 AND LIDS** - 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. Two-piece lids consisting of a flat metal disk and a ring should be used. No zinc lids or one-piece lids.
- **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.
- **CRITERIA FOR JUDGING** - Exhibits will be judged according to score sheets available at your local extension office. Incomplete exhibits will be lowered a ribbon placing. Canned food items not processed according to altitude in 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. 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.
- **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:
 1. 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)
 2. USDA Guide to Home Canning (https://nchfp.uga.edu/publications/publications_usda.html)
 3. Nebraska Extension's Food Website: <https://food.unl.edu/food-safety> or Extension publications from other states
 4. 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: Cards are available at the extension office, or at <https://go.unl.edu/ne4hfood-nutrition>
 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).

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. (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. (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. (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. (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. (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. (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. (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. (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. (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. (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. (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. (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. (SF150)
- E408007* **1 JAR JELLED EXHIBIT** - Exhibit one jar of a jam, jelly, fruit butter, or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations. (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. (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. (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. (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. (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. (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. (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. (SF150)