

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

DEPARTMENT - 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.
- **LABELS** - For ALL FOOD PRODUCTS - 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.
- **GENERAL LABELING INFORMATION** - All additional information pieces (recipes, card, special items) must be labeled with exhibitors 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** that the 4-H member 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 or food exhibit. Exhibits that include alcohol in the recipe will be disqualified. This includes menu and recipe file exhibits.
- **EXHIBITS ARE ON DISPLAY FOR SEVERAL DAYS.** Please 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. The following food ingredients are considered unsafe for fair exhibits and will be disqualified: Cream cheese fillings and cream cheese frostings; any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc.); melted cheese toppings, and uncooked fruit toppings (i.e. fresh fruit tart). These food items may result in an unsafe food product by the time the item is judged due to unpredictable heat and/or weather conditions.
- 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 and cheeses mixed into baked goods are considered safe.

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-Her 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.
- 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.
- 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.
- 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.

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.
- E410002.* **CREATIVE MIXES** - Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. Examples include: 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?

- 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.
- E410004.* **HEALTHY BAKED PRODUCT** - Any recipe, at least 3/4 of baked product or 4 muffins/cookies on a paper plate. May be baked 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.).
- E410005.* **COFFEE CAKE** - Any recipe or shape, non-yeast product - at least 3/4 of baked product. May be baked 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** - Any recipe, at least 3/4 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 (e.g. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.).
- 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. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

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.
- E411002.* **WHOLE WHEAT OR MIXED GRAIN BREAD** - Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- 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.
- 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.
- 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. May be baked in a disposable pan.
- 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).

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.
- 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.
- 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.
- 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.
- 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).
- E412006.* **SPECIALTY PASTRY** - Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Baked items such as pie tarts, puff pastry, phyllo doughs, 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 414 - YOU LEARN TO BAKE

- 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.



DIVISION 418 - CAKE DECORATING - BEGINNING

- E418001. **FOUR DECORATED SUGAR COOKIES** - using any decorating technique. The four cookies should be identical. Edible foods, fruit or candy may be used to decorate.
- E418002. **FOUR DECORATED CUPCAKES** - using any decorating technique. The four cupcakes should be identical. 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. The four cupcakes should be identical. 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 sugar cookies frosted with buttercream frosting. 2-3 tips should be used. All cookies must be different.
- E418014. **TWO LAYER 8, 9, OR 10 INCH CAKE** - using 2-3 tips, and including flat surface flower or other design, and a side trim.
- E418015. **FOUR IDENTICAL DECORATING PICKS** - made from royal icing. Use 2-3 different tips. Display on a piece of Styrofoam, or on 4 frosted cupcakes.
- E418016. **DECORATED CAKE** - of 2 or more tiers of graduated sizes using supports and separator plates. Pillars may be used. Cake should include decorations that require the use of 3-5 decorating tips. Record tips used.
- E418017. **DECORATED CAKE** - made from a character pan.
- E418018. **PROJECT NOTEBOOK** - A notebook of any decorating done by the 4-H'er during the project. Notebook should contain a picture of the project, and techniques or tips used to complete the project, and a date.

DIVISION 418 - CAKE DECORATING - ADVANCED

- 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 with separator plates and pillars. Cake should show advanced borders or lattice work.
- E418023. **DECORATED CAKE** - of 2 or more tiers with separator plates and pillars. Cake should show advanced flower making detail.
- E418024. **DECORATED CAKE** - of 2 or more tiers with separator plates and pillars. Cake should show advanced use of fondant to cover and decorate cake.
- E418025. **SPECIALTY CAKE** - Cake carved/baked in a free form shape by the 4-H'er. Cake should show advanced use of decorating techniques.
- E418026. **CAKE** - decorated using air-brush techniques, and other advanced decorating techniques.
- E418027. **THREE RING BINDER** - collection of pictures of cakes made throughout the years a 4-H'er has participated in the cake decorating project. Captions should be included to describe each cake and the skills used. Minimum of 5 pages.

DIVISION 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. Spoiled or unsealed container disqualifies entry.
- **UNIFORMITY** - Jars and type of lid should be the same size, all small or all large, not necessarily the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated by the exhibitor in any way. Canning jars must be used—others will be disqualified. No one-fourth pint jars allowed. Leave jar rings on for fair display, it helps protect the seal. No zinc lids. Improperly canned or potentially hazardous food items will be disqualified.
- **CURRENT PROJECT** - All canning must be the result of this year's 4-H project, since September 1, of the previous calendar year.
- **CRITERIA FOR JUDGING** - Exhibits will be judged according to score sheets available at your local extension office or at <http://4h.unl.edu/county-fair/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.
- Extension Staff and the Fair Board are not responsible for lost, damaged or broken exhibits.
- **RECIPE/LABELING** - Recipe must be included, and may be handwritten, photocopied or typed. Commercially prepared mixes are not allowed. See <http://food.unl.edu/web/preservation/home> for current USDA guidelines, how to find your Nebraska altitude, and proper procedures for food preservation. Jars should be labeled with name of 4-H'er, county, name of product and date of processing.
- 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). Write plainly on label and attach securely to exhibit. Securely attach official entry card to exhibit. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep exhibit containing the three (3) self-sealing bags together.
 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.

- **Recipes can come from any source but current USDA guidelines for food reservation methods MUST be followed.** See <http://food.unl.edu/web/preservation/home> for current USDA guidelines.
- **SPECIAL AWARDS - FOOD PRESERVATION** - In recognition of youth who excel in the art of fresh preserving (canning), Jarden Home Brands marketers of the Ball® and Kerr® Fresh Preserving Products will present First Place Awards in designated categories. The best entry submitted by a youth in each category for Fruit, Vegetable, Pickle, and Soft Spread. Entries must be preserved in Ball® Jars sealed with Ball® Lids and Bands or Ball® Collection Elite® Jars sealed with Collection Elite® Lids and Bands, or preserved in Kerr® Jars sealed with Kerr® Lids and Bands. In addition, soft spread entries must be prepared using Ball® Pectin: Classic, Low or No-Sugar Needed or Liquid. **The UPC from the Ball® Pectin package must accompany the entry as proof of purchase.**



- Entries designated First Place from each category will receive the following: Two (2) Five-Dollar (\$5.00) Coupons for Ball® or Kerr® Fresh Preserving Products and one (1) Free (up to \$5 value) Coupon for Ball® Pectin. Entries designated Second Place from each category will receive: One (1) Five-Dollar (\$5.00) Coupon for Ball® or Kerr® Fresh Preserving Products and one (1) Free (up to \$5 value) Coupon for Ball® Pectin.

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

DIVISION 407 - UNIT 1 FREEZING PROJECT MANUAL

- E407001.* **BAKED ITEM MADE WITH FROZEN PRODUCE** - 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** 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.

DIVISION 407 - UNIT 2 DRYING PROJECT MANUAL

- E407002.* **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.
- E407003.* **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.
- E407004.* **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.
- E407005.* **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.
- E407006.* **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.
- E407007.* **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. 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.

DIVISION 407 - UNIT 3 BOILING WATER CANNING PROJECT MANUAL

- E407008.* **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.
- E407009.* **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.
- E407010.* **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.
- E407011.* **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.
- E407012.* **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.
- E407013.* **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.
- E407014.* **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.
- E407015.* **3 JAR JELLED EXHIBIT** - Exhibit 3 different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size). Entry must be processed in a boiling water bath according to current USDA recommendations.

DIVISION 407 - UNIT 4 PRESSURE CANNING PROJECT MANUAL

- E407016.* **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.
- E407017.* **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.
- E407018.* **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.
- E407019.* **QUICK DINNER** - Exhibit a minimum of 3 jars to a maximum of 5 jars (all the same size) plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3" x 5" file card and attach to one of the jars. Entry must be processed canner according to current USDA recommendations.

- E407020.* **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.
- E407021.* **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.

DEPARTMENT - SAFETY

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 and scoresheet SF110 for guidance. 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.
- E440002.* **DISASTER KIT (Emergency Preparedness)** - 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 individual 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** - 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 1/2" X 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.
- E440004.* **SAFETY EXPERIENCES** - 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 on a CD lasting up to five minutes.
- E440005.* **CAREER IN SAFETY** - 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 on a CD lasting up to five minutes.
- E440006. **SAFETY POSTER** - Follow poster guidelines in Department—Posters (page 13).

DIVISION 441 - BICYCLES/CYCLING

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

- E441001. **BICYCLE SAFETY POSTER** - 14" x 22" either vertical or horizontal arrangement. May be in any medium - watercolor, ink, crayon, etc., so long as they are not three-dimensional.
- E441002. **BICYCLE DEMONSTRATION DISPLAY** - to be exhibited by an individual. Exhibit may include: 1) parts of a bicycle, 2) worn or broken parts, or 3) a step-by-step procedure of how some repair or service job is performed. A limited number of photographs are acceptable. Actual parts or cut-aways of parts are recommended. The exhibit is to be prepared on a 24" high x 32" wide board not to exceed 1/4" in thickness.

- E441003. **DOCUMENTED BIKE RIDING TRIP** - Include a written report using a notebook or scrapbook showing a bike ride or trip you have made using your bike.
- E441004. **YOU BE THE TEACHER** - Share with others what you learned in the project. Exhibit may be a notebook or small display of an educational nature.

DIVISION 442 - ATV

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

- E442001. **SAFETY POSTER** - 14" x 22" - Six photos of yourself demonstrating safety measures necessary for ATV operation.
- E442002. **SAFETY SCRAPBOOK** - Journal of your ATV safety practices.
- E442003. **DEMONSTRATION DISPLAY** - Show some part or system of an ATV, worn or broken part, step-by-step repair procedure, etc. Include a brief description. Display on a board 24" high x 32" wide and 1/4" thick.
- E442004. **YOU BE THE TEACHER** - Educational notebook, display, collection of materials that relate to the project. Include an 8 1/2" x 11" page describing exhibit and summary of learning.

DIVISION 450 - FIRE EDUCATION

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

- E450001.* **FIRE SAFETY POSTER** - 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" x 14" but not larger than 22" x 28".
- E450002.* **FIRE SAFETY SCRAPBOOK** - This 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 1/2" x 11" paper. Correct sentence structure, readability and thorough explanations are an important part of judging.
- E450003.* **FIRE PREVENTION POSTER** - 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" x 14" but not larger than 22" x 28".

DEPARTMENT – HEALTH

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

DIVISION 471 - HEALTH ROCKS 1 (School Enrichment)

- E471001. **POSTER** - Make a poster on a healthy lifestyle topic. Ex: Health risks from smoking and how it affects your body, etc.
- E471002. **DECISION MAKING MOBILE**
- E471003. **COMMERCIAL** - Make a PowerPoint, video, or written script of a commercial explaining the negative affects of tobacco, alcohol or drugs.
- E471004. **COMMUNITY ACTIVITY PLAN OR STORY**

DIVISION 472 - HEALTH ROCKS 2 (School Enrichment)

- E472001. **POSTER** - Make a poster on a healthy lifestyle topic.
- E472002. **ESSAY** - Write a 1/2 page to one page essay on a healthy lifestyle topic.
- E472003. **SPIRAL OF ADDICTION MOBILE**
- E472004. **COLLAGE** - Find magazine or newspaper ads that promote tobacco, alcohol, or drug usage and identify what marketing technique is being used to influence others.