

## 2024 FOOD AND NUTRITION

The purpose of Food and 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.

4-H members may only exhibit in the project in which they are enrolled and one entry per class number. Baked products should be baked the day before or the day of entry day. Be sure to follow entry instructions required for your exhibit (include supporting information when requested). Incomplete exhibits will be lowered a ribbon placing.

All static exhibits must receive a purple ribbon at the county fair in order to be eligible for State Fair selection.

State Fair Premier 4-H Science Award is available in this area. See General Rules in State Fair Book for more details.

### Exhibit Guidelines

#### 1. All edible food items must be entered in a disposable container or will be lowered one ribbon place.

Muffins, cookies, or biscuits should be entered on a 6-inch disposable plate and sealed in a zip-lock bag. Cakes, loaf breads and yeast breads should be entered on a larger disposable plate and sealed in a zip-lock bag. Angel food or larger cakes may need a 2-gallon zip-lock bag. Snack mixes should be entered in a sealed zip-lock bag. Food Preservation exhibits should be entered in appropriate containers per class.

#### 2. All food exhibits must be labeled.

Label each item with the exhibitor name, county, project division, exhibit class number and years in the project.

Where to place the label:

Plated Items: The underside of the plate, inside the sealed bag

Snack Mixes and Dried Food: The lower right-hand corner of the bag

Cakes: The lower right corner on top of the cake board.

Canned Goods: Attached to the jar

Other Exhibits: The back of the exhibit in an appropriate manner

#### 3. Each Food exhibit MUST include a recipe.

Recipe may be handwritten, photocopied or typed on a recipe card or half sheet of paper. Label the recipe with exhibitor's name and exhibit class number. Attach the recipe at the corner of the bag on the outside. Exhibits entered without a recipe will be lowered one ribbon placing.

### Criteria for Judging

Commercially prepared mixes are only allowed in Cooking 201, Creative Mix class. Prepared mixes, biscuit mixes, commercially prepared seasoning mixes for food preservation and other pre-mixes entered in other categories will be lowered a ribbon placing.

Ingredients that the 4-H member cannot legally purchase, 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.

Limit exhibits to products which hold up well. Items that require refrigeration will not be accepted, judged or displayed. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes on yeast products before baking are allowed. Glazes, frostings, and other sugar-based toppings are also considered safe due to the high sugar content. Eggs incorporated into baking goods or crusts and cheeses mixed into bread doughs are considered safe. Uncooked fruit is not allowed in an exhibit due to spoilage (i.e. fresh fruit tart).

All fruit must be cooked. Cream cheese and/or meat filling or melted cheese toppings may result in unsafe food product by the time the item is judged due to unpredictable heat / weather conditions and will be disqualified.

Improperly canned or potentially hazardous food items will be disqualified. The following food ingredients are considered unsafe for fair exhibits and will be disqualified: egg or cream cheese 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 good is considered safe and will be accepted), uncooked fruit toppings.

**Note:** Exhibitors may pick up their **large** (Anything requiring  $\frac{3}{4}$  of the item like Angel Food Cake, Tea Rings, Cakes & Braids) food items after judging, but before 6:00 p.m. on Wednesday. All remaining items will be donated to a local food pantry.

For nonfood entries:

Attach the entry tag to the upper right-hand corner of the entry.

Any cards or special items accompanying an exhibit must include exhibitor's name and county.

Posters — Consider color, layout, design and other art principles for posters. Consider colored poster board rather than white. Posters should be two-dimensional and elements contained within the suggested size.

You Be The Teacher — This exhibit is designed to share what the 4-H'er learned in the project with others. Exhibit may be a three-dimensional display, scrapbook, charts, pictures, photographs, a file of ideas, research study, etc. A display may not exceed a total space of 12 inches deep, 15 inches wide and 10 inches high. Picture, food

models, plaster, papier-mâché, etc., may be used in the exhibit. Semi-perishable foods may be used only if they add to or help explain the exhibit. Exhibits that may contain perishable food should include a color photograph of the food. The photograph should be taken prior to the county fair and attached to the exhibit. The photograph will be displayed and judged as part of the educational exhibit (not the food items). Attach the entry tag to the upper right-hand corner of the entry. If food items are included as part of the exhibit, include recipe and information card.

## **FOOD PRESERVATION**

Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jams, jellies, preserves and marmalades, fruit and pickled products must be processed in a boiling water bath. Tomatoes may be processed in a boiling water bath or 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 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 to protect the seal. Two-piece lids consisting of a flat metal disk and a ring should be used. No zinc lids or one-piece lids.

Exhibits must have been preserved since the member's previous year's county fair, and had not been exhibited at the previous State Fair.

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. Specialized sticky labels not required.

Recipe /Supporting Information – Recipe must be included, and may be handwritten, photocopies or typed. Commercially prepared seasoning mixes are not allowed. Current USDA guidelines for food preservation methods MUST be followed. Suggested sources of recipes include:

4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning), USDA Guide to Home Canning - [https://nchfp.uga.edu/publications/publications\\_usda.html](https://nchfp.uga.edu/publications/publications_usda.html), Nebraska Extension's Food Website - <https://food.unl.edu/food-preservation> or Extension publications from other states, Ball Blue Book (published after 2009)

**All exhibits will be lowered a ribbon placing if the supporting information isn't included. All exhibits must include the 4-H Food Preservation Card attached to the project as the required supporting information or include following information with exhibit:**

Name of product, Date preserved, Method of preservation (pressure canner, water bath canner, or dried), Type of pack (raw pack or hot pack), Altitude (and altitude adjustment, if needed), Processing time, Number of pounds of pressure (if pressure canner used), Drying method and drying time (for dried food exhibits), Recipe and source of recipe (if a publication, include name and date).

All food preservation exhibits must be made since September of the previous year. Include all supporting information. See directions at beginning of this division.

\*Denotes State Fair Entry

**Purple, \$4; Blue, \$3.50; Red, \$3; White, \$2.50**

## **UNIT 1 FREEZING**

\*E406001 Baked Items 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. Ex. Peach pie, blueberry muffins, zucchini bread, etc.). Supporting information must include both the recipe for the produce that was frozen as part of this project AND the baked food item.

## **UNIT 2 DRYING**

\*E407001 Dried Fruits - exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum 1/4 cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

\*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.

\*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.

\*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.

\*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.

\*E407006 Baked Items 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.

### **UNIT 3 BOILING WATER CANNING**

\*E408001 1 Jar Fruit Exhibit - exhibit one jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.

\*E408002 3 Jar Fruit Exhibit - exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, ex. Applesauce, canned apples, apple pie filling, etc. Entry must be processed in the boiling water bath according to current USDA recommendations.

\*E408003 1 Jar Tomato Exhibit - exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.

\*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 according to current USDA recommendations.

\*E408005 1 Jar Pickled Exhibit - one jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations.

\*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.

\*E408007 1 Jar Jelled Exhibit - exhibit one jar of a jam, jelly, fruit butter or marmalade. Entry must be processed in the boiling water bath according to current USDA recommendations.

\*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.

### **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.

\*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.

\*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.

\*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 inches x 5 inches file card and attach to one of the jars. Entry must be processed according to current USDA recommendations

\*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.

\*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.