

FOODS, NUTRITION & FOOD PRESERVATION

Enter food projects in disposable materials, i.e., paper plate and plastic self-sealing bag. Each exhibit must include the recipe. Recipe may be handwritten, photocopied or typed. Label all information pieces with exhibitor's name and county. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered a ribbon placing. Commercially prepared mixes are allowed for decorated cakes and Tasty Tidbits Creative Mixes (Class 2) exhibits ONLY. Frozen bread dough, cake mix, biscuit mix, biscuits in a can, pudding mix or other pre-made 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 foods 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 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 baked goods or crusts and cheeses mixed into bread dough are considered safe. All fruit fillings must be cooked. Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. fresh fruit tart). Cream cheese fillings and/or frostings are not allowed. Meat, dried meat, meat substitute pieces (bacon bits, pepperoni, etc.), or melted cheese toppings are not allowed in food exhibits. They may result in an unsafe food product by the time the item is judged due to unpredictable heat/and or weather conditions and will be disqualified.

Division 350: General

Open to any 4-H'er enrolled in a Nutrition, Foods and/or Foods Preservation project.

E350001 – Food Science Exploration 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"x30"), 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 – Food and Nutrition Poster, Scrapbook, or Photo Display involving a nutrition or food preparation or career concept/lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22"x30"), 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.

E350003 – Physical Activity and Health Poster, Scrapbook, or Photo Display involving a physical activity or career concept/ lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22"x30"), 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.

Greeley County • Box 290 • Greeley NE 68842-0290 • 308-428-2835 • Greeley-County@unl.edu
Howard County • 612 Indian Street Suite 1 • Saint Paul NE 68873-1642 • 308-754-5422 • Howard-County@unl.edu
Sherman County • Box 459 • Loup City NE 68853-0459 • 308-745-1518 • Sherman-County@unl.edu
Valley County • 801 S Suite 1 • Ord NE 68862-1857 • 308-728-5071 • Valley-County@unl.edu

Copyright ©2017

Division 400: Cake Decorating*

The purpose of this exhibit is to develop cake decorating skills. Open to members enrolled in foods project(s). One other food exhibit (classes E350001 to E413006) plus one other non-food, non-livestock exhibit must be entered at the fair in order to sell a decorated cake. Cakes may be flat, cut up or layer types. The cake must be baked and decorated by the 4-H'er. Cake mixes may be used; recipe is not required. Cakes must be safe for human consumption and **all decorations should be edible**. Non-edible supports (such as dowel rods between layers) may be used to provide structure. Cake should be on **sturdy** board, box or container **no larger than 18" x 18"** and the 4-H member must be able to carry their cake in the auction.

Cakes will be divided into one, two or three divisions based on the member's age on January 1 of the current year. Number of divisions may be determined by number of exhibits.

2 Divisions

Junior (11 and under)

Senior (12 and over)

3 Divisions

Junior (8 to 10)

Intermediate (11 to 13)

Senior (14 and over)

***E400001 - Decorated Cake**

Division 401: Six Easy Bites*

***E401001 - Cookies** (any recipe using basic ingredients) four on a paper plate

***E401002 - Muffins** (any recipe) four on a paper plate

Division 402: Fast Foods!

E402001 - Coffee Cake (any recipe or shape, non-yeast product) At least 3/4 of baked product. May be exhibited in a disposable pan. Include menu for a complete meal where this recipe is served.

E402002 - Cost Comparison Exhibit must include both the food product made from scratch and the comparable purchased product (for example, homemade cinnamon rolls compared to a premade cinnamon roll purchased at the store). Supporting information needs to include the cost of the food item made compared to the commercial product and the recipe for the homemade food item. See pages 22 – 35 of Fast Foods Manual relating to the Grocery Store Tour and the Store Shopper Tip Sheet listed on page 31. If 4-H'er doesn't exhibit both food items and the supporting information in this class, it will be lowered a ribbon placing

***class exhibited at county fair only – not eligible for state fair**

E402003 – Fast Food 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.) that saves time in food preparation. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

E402005 - Fast Foods Recipe File 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 4-H'er is in project, with year clearly marked on recipes. Display in recipe file or in a binder. Be sure to include the number of servings or yield of each recipe.

Division 410: Tasty Tidbits

E410001 - Healthy Baked Product (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.) Must be made with less sugar, fat or salt; modified to use a sugar or fat substitute; changed to include a whole grain; or be altered for specific allergies/food intolerances. Include original recipe and altered recipe. Write what you learned about products made from an altered recipe in supporting information.

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 poppyseed 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 Four on a small paper plate. This may be any type of biscuit rolled, dropped, any recipe. Recipe must be a non-yeast product baked from scratch.

E410004 - Unique Baked Product (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 contain a surprise ingredient and must not use a mix (ex. cantaloupe quick bread, pork & bean bread, etc.). Write what you learned about making this unique item with an unusual ingredient. What was the anticipated outcome? Would you make it again?

E410005 - Foam Cake original recipe (no mixes) of at least ¾ 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.

Division 411: You're The Chef

**class exhibited at county fair only – not eligible for state fair*

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods – Baked Product (E402003) exhibit. All exhibits made in the You're the Chef and Foodworks projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

E411001 - Loaf Quick Bread (any recipe) - At least $\frac{3}{4}$ of a standard loaf or two mini loaves 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 $8\frac{1}{2}'' \times 4\frac{1}{2}''$ or $9'' \times 5''$.

E411002 - White Bread (any yeast recipe) - At least $\frac{3}{4}$ of a standard loaf displayed on a paper plate.

E411003 - Whole Wheat or Mixed Grain Bread (any yeast recipe) - At least $\frac{3}{4}$ of a standard loaf displayed on a paper plate.

E411004 - 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.

E411005 - Dinner Rolls (any yeast recipe) 4 rolls on a paper plate. May be cloverleaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.

Division 413: Foodworks

Any bread item prepared or baked using a bread machine should be entered under the Fast Foods – Baked Product (E402003) exhibit. All exhibits made in the You're the Chef and Foodworks projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

E413001 - 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, or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended.

E413002 - Family Food Traditions (any recipe, at least $\frac{3}{4}$ 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, (C) where or who the traditional recipe came from.

E413003 - Cultural Food Exhibit (any recipe, at least $\frac{3}{4}$ 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.

E413005 - Specialty Bread (any recipe made with yeast). Tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least $\frac{3}{4}$ of a full sized baked product. May be baked in a disposable pan.

***class exhibited at county fair only – not eligible for state fair**

E413006 - 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, scones, 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 407: Food Preservation

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. Jars and type of lid should be the same size, all small or 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.

All canning must be the result of this year's 4-H project, since September 1, of the previous calendar year. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered one class ribbon. Recipe must be included, may be handwritten, photocopied or typed. Commercially prepared mixes are not allowed. See <http://food.unl.edu/canning-freezing-and-drying> 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. Write plainly on a label and paste or tape securely on jar bottom. In addition: all canned foods must include the following supporting information: 1) Method of preservation (pressure canner or water bath canner); 2) Type of pack (raw pack or hot pack); 3) Altitude (and altitude adjustment, if needed); 4) Processing time; 5) Number of pounds of pressure (if pressure canner used); 6) Recipe and source of recipe (if a publication, include name and date). Recipe can come from any source but current USDA guidelines for food preservation methods must be followed. See <http://food.unl.edu/canning-freezing-and-drying> for current USDA guidelines.

All dried foods must include the following supporting information: 1) Recipe and recipe source; 2) Method of pretreatment; and 3) Drying method and drying time. 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 twist-tie to keep the 3 self-sealing bags containing the exhibit together.

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

E407002 - Fruit Leather 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 twist-tie to keep exhibit together.

**class exhibited at county fair only – not eligible for state fair*

E407010 - Dried Vegetables 3 different samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a twist-tie to keep exhibit together.

E407011 - Dried Herbs 3 different samples of dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a twist-tie to keep exhibit together.

E407012 - 1 Jar Fruit Exhibit One jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.

E407013 – 3 Jar Fruit 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.

E407014 - 1 Jar Tomato Exhibit 1 jar of a canned tomato product. Entry must be processed in a boiling water bath or pressure canner according to current USDA recommendations.

E407015 - 3 Jar Tomato 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.

E407020 - 1 Jar Vegetable Or Meat Exhibit 1 jar of a canned vegetable or meat. Include only vegetables and meat canned in a pressure canner according to current USDA recommendations.

E407021 - 3 Jar Vegetable Exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.

E407022 - 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"x5" file card and attach to one of the jars. Entry must be processed according to current USDA recommendations.

E407030 - 1 Jar Pickled Exhibit 1 jar of a pickled and/or fermented product. Entry must be processed in the boiling water bath according to current USDA recommendations.

E407031 - 3 Jar Pickled Exhibit 3 jars of different kinds of canned pickled and/or fermented products. Entry must be processed in the boiling water bath according to current USDA recommendations.

E407040 - 1 Jar Jelled Exhibit 1 jar of jam, jelly or marmalade. Entry must be processed in the boiling water bath according to current USDA recommendations.

E407041 - 3 Jar Jelled 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 the boiling water bath according to current USDA recommendations.

**class exhibited at county fair only – not eligible for state fair*