

mounted in appropriate size cut matting (no frames) with a sandwich backing.

**CLASS 130** - Then & Now Photo Display - Choose an old photo (at least 20 years old). Find the location and/or subject of the photo and re-enact the old photo. Include old and new photo in the exhibit. The old photo can be a copy rather than the original. Mount on poster board or put in a frame.

## **DEPARTMENT E - FOODS, NUTRITION & FOOD PRESERVATION**

Members may exhibit only in classes under projects carried this year. Each exhibit must include the recipe. Recipe may be handwritten, photocopied or typed. Place the food on the appropriate size disposable plate. Put exhibit in a self sealing bag. Attach entry tag and recipe at the corner of the bag on the outside. Include name of exhibitor on bottom of plate or on another appropriate place of the exhibit. For non-food items attach 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.

Since the exhibits are on display several days, it is necessary to 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 breads and pie crusts BEFORE baking are acceptable. 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 doughs are considered safe. Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. fresh fruit tart). All fruit fillings must be cooked. Egg or cream cheese may be baked into your product, but not used as fillings and/or frostings. Meat, dried meat, meat substitute pieces (bacon bits, pepperoni, etc.) or melted cheese on top of food 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.

All foods exhibited are to be made from basic ingredients, unless otherwise noted. Do not use a mix. Commercially prepared mixes are ONLY allowed in Cooking 201 Creative Mix Class (Class 2) exhibit and must show how the original product directions were changed to create the new baked food item. Warm foods will not be accepted. Exhibits that include alcohol in the recipe will not be accepted, this includes menu and recipe file exhibits.

### **DEPARTMENT E, DIVISION 350 - GENERAL**

**Premiums: Purple, \$4.00; Blue, \$3.00; Red, \$2.50; White, \$2.00**

**CLASS 1** - FOOD SCIENCE EXPLORATIONS - Open to any 4-H'er enrolled in a Foods & 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. SF

**CLASS 2** - FOODS and NUTRITION Poster, Scrapbook, or Photo Display - Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation. This 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"), computer based presentation printed off with notes pages (if needed) and displayed in

binder, an exhibit display, or a written report in portfolio or notebook. Consider neatness and creativity. SF

**CLASS 3** - PHYSICAL ACTIVITY and HEALTH Poster, Scrapbook, or Photo Display - Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation. This 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"), 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. SF

**CLASS 4** - 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 the 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. SF

#### **DEPARTMENT E, DIVISION 400 - FOOD TRAIN WRECK**

**CLASS 1** - Food Train Wreck - Your 4-H food exhibit didn't come out as planned - bring it anyway. Items will not be judged but will receive recognition.

#### **DEPARTMENT E, DIVISION 413 - OUTDOOR COOKING Premiums: Purple, \$3.00; Blue, \$2.50; Red, \$2.00; White, \$1.50**

**CLASS 1** - Biscuits - four on a small paper plate. Made from homemade biscuit mix and cooked outdoors over a fire. May be any shape.

**CLASS 2** - Hiking Snack - One serving of a nutritious homemade snack, packaged so it is durable and can be easily carried or packed. Include recipe, cost per serving, and nutrient value.

**CLASS 3** - Bar Cookie (any recipe) - 2 inches square. Uniced, four on a small paper plate.

#### **DEPARTMENT E, DIVISION 401 - COOKING 101 Premiums: Purple, \$3.00; Blue, \$2.50; Red, \$2.00; White, \$1.50**

**CLASS 1** - Cookies (any recipe) - Four on a paper plate.

**CLASS 2** - Muffins (any recipe) - Four on a paper plate. (No mini muffins.)

**CLASS 3** - No Bake Cookie (any recipe) - Four on a plate.

**CLASS 4** - Cereal Bar Cookie - any cereal based recipe made in a pan and cut into bars or squares for serving. Four on a plate.

**CLASS 5** - Granola Bar (any recipe) - Four on a plate.

**CLASS 6** - Brownies (any recipe) - Four on a plate.

**CLASS 7** - Snack Mix (any recipe) - (granola, trail mix, etc.) at least one cup of snack in self-sealing plastic bag.

**DEPARTMENT E, DIVISION 410 - COOKING 201**  
**Premiums: Purple, \$3.00; Blue, \$2.50; Red, \$2.00; White, \$1.50**

**CLASS 1** - Loaf Quick Bread - (Any recipe, at least  $\frac{3}{4}$  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  $\frac{1}{2}$ " x 4  $\frac{1}{2}$ " or 9" x 5". SF

**CLASS 2** - Creative Mixes (Any recipe, at least  $\frac{3}{4}$  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. (Ex. 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? SF

**CLASS 3** - 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. SF

**CLASS 4** - Healthy Baked Product - (Any recipe, at least  $\frac{3}{4}$  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 (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.). SF

**CLASS 5** - Coffee Cake - (Any recipe or shape, non-yeast product - at least  $\frac{3}{4}$  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. SF

**CLASS 6** - Baking with Whole Grains - (Any recipe, at least  $\frac{3}{4}$  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. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.) SF

**CLASS 7** - 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  $\frac{3}{4}$  baked product, or 4 muffins or cookies on a paper plate or in a disposable pan. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method. SF

**CLASS 8** - Unique Baked Product - (Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate or 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?

**DEPARTMENT E, DIVISION 411 - COOKING 301**  
**Premiums: Purple, \$3.00; Blue, \$2.50; Red, \$2.00; White, \$1.50**

Any bread item prepared or baked using a bread machine should be entered under the 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.

**CLASS 1** - White bread (any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate. SF

**CLASS 2** - Whole Wheat or Mixed Grain Bread (any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate. SF

**CLASS 3** - 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. SF

**CLASS 4** - 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. SF

**CLASS 5** - Specialty Bread - any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least 3/4 of a full sized baked product. SF

**CLASS 6** - 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 or seven minute frostings allowed.) SF

**DEPARTMENT E, DIVISION 412 - COOKING 401**  
**Premiums: Purple, \$4.00; Blue, \$3.00; Red, \$2.50; White, \$2.00**

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.

**CLASS 1** - 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. SF

**CLASS 2** - 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 (C) where or who the traditional recipe came from. SF

**CLASS 3** - Ethnic Food Exhibit - (Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or 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. SF

**CLASS 4** - Candy - (Any recipe, 4 pieces of candy on a paper plate or 1/2 cup.) No items containing cream cheese will be accepted (Example: 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. SF

**CLASS 5** - Foam Cake - original recipe (no mixes) of at least  $\frac{3}{4}$  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 frostings allowed). SF

**CLASS 6** - Specialty Pastry - (any recipe, at least  $\frac{3}{4}$  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. SF

**DEPARTMENT E, DIVISION 300 - YOUTH IN MOTION**  
**Premiums: Purple, \$3.00; Blue, \$2.50; Red, \$2.00; White, \$1.50**

**CLASS 1** - YOUTH in Motion Poster, Scrapbook or Photo Display - Exhibit about the 4-H'er or the 4-H'ers family involved in a physical activity or concept/lesson involving this project. This might contain pictures, captions and/or reports about the physical activity the individual or family did as a result of taking this project.

**CLASS 2** - Activity Bag - A duffle bag or backpack that a 4-H'er packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean, clearly labeled and an explanation of why it is included in the Activity Bag. DO NOT put valuable items (i.e. electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.

**CLASS 3** - YOUTH in Motion Healthy Snack Recipe File - Collection of 10 recipes from any source. Each recipe must accompany a complete snack menu in which the recipe is used following the idea that a healthy snack includes foods from at least two different food groups. An additional 10 recipes may be added each year 4-H'er is in project, with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or box or in a binder. Be sure to include the number of servings or yield of each recipe.

**CLASS 4** - Healthy Lifestyle Interview - Interview someone in your life that you admire that is physically active or has a healthy lifestyle. Why do they enjoy their exercise program or lifestyle choices? What are their goals? Why do you admire them? Maximum of two pages, one sided write up of an interview with someone who has an active exercise program or has a healthy lifestyle. Consider creativity and neatness. Mount on colored paper or poster board, or display in a binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9 x 12 inches.

**CLASS 5** - Healthy Snack - see ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc. on a paper plate or at least 1 cup of mix (examples might include; granola bars, homemade crackers or chips). Supporting information to include recipe and why this snack might be considered a healthy snack.

**FOOD PRESERVATION**  
**Premiums: Purple, \$4.00; Blue, \$3.00; Red, \$2.50; White, \$2.00**

Food preservation projects are open to youth of all ages.

Processing Methods - Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jams, preserves and marmalades, fruit, tomatoes and pickled products must be processed in a boiling water bath. Tomatoes may be processed either in boiling water bath (bottled lemon juice must be added) 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 - Jars do not need to be the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated by the exhibitor in any way. Canning jars must be used - others will be disqualified. No one fourth pint jars allowed. Leave jar rings on for fair display; it helps protect the seal. No zinc lids.

Labeling - **Jars should be labeled with the name of the food item, name of the 4-H'er, county, date of processing and paste or tape securely on the bottom of all jars.** 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 - **Recipes can come from any source but current USDA guidelines for food preservation methods MUST be followed.**

See <http://food.unl.edu/web/preservation/home> for current USDA guidelines, how to find your Nebraska altitude (the altitude of Colfax County is between 1000 and 2000 feet), and proper procedures for food preservation. Commercially prepared seasoning mixes are not allowed (Example: Mrs. Wages). ALL FOOD PRESERVATION ENTRIES MUST INCLUDE RECIPE AND SOURCE OF RECIPE. Recipe may be handwritten, photocopied or typed.

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.

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 used)
8. Drying method and drying time (for dried food exhibits).
9. Recipe and source of recipe (if a publication, include name and date).

All canning must be the result of this year's 4-H project, since September 1, 2019.

#### **DEPARTMENT E, DIVISION 406 - UNIT 1 FREEZING**

**CLASS 1** - 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. (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. SF

## **DEPARTMENT E, DIVISION 407 - UNIT 2 DRYING**

**CLASS 1** - 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 small separate self-sealing bags. Use a rubber band or “twisty” to keep exhibit together. Attach label to each bag. SF

**CLASS 2** - Fruit Leather - Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit leather together in separate self-sealing bags. Use a rubber band or “twisty” to keep exhibit together. Attach label to each bag. SF

**CLASS 3** - 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. Attach label to each bag. SF

**CLASS 4** - Dried Vegetables - Exhibit 3 different samples of 3 different dried vegetables. Place each food (1/4 cup of each vegetable) in a separate small self-sealing bag. Use a rubber band “twisty” to keep exhibit together. Attach label to each bag. SF

**CLASS 5** - 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. Attach label to each bag. SF

**CLASS 6** – 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. SF

## **DEPARTMENT E, DIVISION 408 - UNIT 3 BOILING WATER CANNING**

**CLASS 1** - 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. Attach label. SF

**CLASS 2** - 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 a boiling water bath according to current USDA recommendations. Attach label to each jar. SF

**CLASS 3** - 1 Jar Tomato Exhibit - Exhibit one jar of a canned tomato product. Entry must be processed in the boiling water bath according to current USDA recommendations. Attach label to jar. SF

**CLASS 4** - 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. Attach label to jar. SF

**CLASS 5** - 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. Attach label to jar. SF

**CLASS 6** - 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. Attach label to jar. SF

**CLASS 7** - 1 Jar Jelled Exhibit - Exhibit one jar of jam, jelly or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations. Attach label to jar. SF

**CLASS 8** - 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. Attach label to each jar. SF

#### **DEPARTMENT E, DIVISION 414 - UNIT 4 PRESSURE CANNING**

**CLASS 1** - 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. Attach label to jar. SF

**CLASS 2** - 3 Jar Vegetable Exhibit. Exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to USDA recommendations. Attach label to each jar. SF

**CLASS 3** - 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. Attach label to jar. SF

**CLASS 4** - 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 according to current USDA recommendations. Attach label to each jar. SF

**CLASS 5** - 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. Attach label to jar. SF

**CLASS 6** - 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. Attach label to jar. SF

#### **DEPARTMENT E - CAKE DECORATING**

**Members enrolled in Cake Decorating may exhibit in any class. Only one entry per class number. ALL CAKES WILL BE TASTED.**

**All cake decorating entries must include recipes for cake and frosting. Cakes can be made from scratch or a box mix. Frosting must be made from scratch.  
ALL DECORATIONS MUST BE EDIBLE.**

#### **DEPARTMENT E, DIVISION 420 - CAKE DECORATING Premiums: Purple \$3.00; Blue, \$2.50; Red, \$2.00; White, \$1.50**

**CLASS 1** - One layer, 8 or 9 inch (square, round, heart, etc.) cake iced and decorated with