

# HEALTHY LIFESTYLES

## CHECK IN:

Wednesday, July 12, 2023 from 6:30 - 8:30 p.m.  
& Thursday, July 13, 2023 from 7:30 – 8:30 a.m.

## JUDGING TIME:

Thursday, July 13, 2023, 9:00 a.m. (closed to public)

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## NUTRITION, FOODS & FOOD PRESERVATION

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### FOOD AND NUTRITION GUIDELINES

- A. Members may exhibit only in the projects in which they enrolled.
- B. LABELS:  
For All Food Products: Each exhibit must include the recipe. Recipes may be handwritten, photocopied or typed. Place the food on the appropriate size plate. Put the exhibit in a self-sealing (Ziplock) 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. Attach only the section above the perforations to prevent tearing the cards when they are separated.  
General Labeling Information: All additional information pieces (recipes, cards, special items) must be labeled with the exhibitor's name.
- C. Criteria For Judging: Exhibits will be judged according to score sheets available at your local extension office. Incomplete exhibits will be lowered a ribbon placing. Make sure to follow all entry instructions required for your exhibit. **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 with a ribbon placing.
- D. Enter Food Exhibits: Enter food projects in disposable materials, i.e. paper plate or plastic Ziplock bags. Not responsible for lost bread boards, china or glassware.
- E. Number of Exhibits: Only ONE exhibit per class for each 4-H'er.
- F. Ingredients that the 4-H members 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.
- G. Exhibits Are on Display 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 doughs are considered safe. Uncooked fruit is not allowed in any exhibit due to spoilage (for example, fresh fruit tart.) All fruit fillings must be cooked. **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.**

## **DEPT. E / DIV. 350**

### **GENERAL**

- Class 1 Food Science Explorations: Open to any 4-H'ers enrolled in a Foods & Nutrition or Food Preservation project. Show the connection between food and science as it relates to food preparation, food safety, food preservation or food production. Exhibits 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 a binder, an exhibit display, a written report in a portfolio or notebook. Consider neatness and creativity.
- Class 2 Foods and Nutrition Poster, Scrapbook or Photo Display: Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation project. The project should involve a nutrition or food preparation technique or explore a career related to the food industry (caterer, restaurant owner, food scientist, registered dietitian, etc.) This might contain pictures, captions and/or reports to highlight the concept. Exhibits may be a poster or a foam core board (not to exceed 22" by 30"); a computer-based presentation printed off with notes pages (if needed) and displayed in a binder; an exhibit display; or a written report in a portfolio or notebook. Consider neatness and creativity.
- 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 project. The project should involve a physical activity or explore a career - related to physical activity or health (personal trainer, sports coach, physical therapist, etc.) This might contain pictures, captions and/or a report to highlight the concept. Exhibit may be a poster or a foam core board (not exceeding 22" by 30"), a computer-based presentation printed off with notes pages, if needed, and displayed in a binder, an exhibit display, or written report in a portfolio or notebook. Consider neatness and creativity.
- 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. Exhibits that include recipes with alcohol (wine, beer, rum, etc.) will be disqualified.

## **DEPT. E / DIV. 401 – Cooking 101**

- Class 1 Cookies: (any recipe, 4 on a paper plate)
- Class 2 Muffins: (any recipe, 4 on a paper plate)
- Class 3 No Bake Cookies: (any recipe, 4 on a paper plate)
- Class 4 Cereal Bar Cookie: (any cereal based recipe made in pan and cut into bars or squares for serving.)
- Class 5 Granola Bar: (any recipe, 4 on a paper plate)
- Class 6 Brownies: (any recipe, 4 on a paper plate)
- Class 7 Snack Mix: (any recipe, at least 1 cup in self-sealing plastic bag)

## **DEPT. E / DIV. 410 – Cooking 201**

- 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". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
- 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 items made from a mix (commercial or homemade mixes acceptable.) Food products must have been modified to make a new or different baked item.

Examples include poppy seed quick bread 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?

- 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.
- 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.)
- 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 a menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.
- 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.)
- 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 an air fryer, baked item made in the 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 methods and how it compares with traditional methods.

### **DEPT. E / DIV. 411 – Cooking 301**

Any bread items 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  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.
- Class 2 Whole Wheat or Mixed Grain Bread: any yeast recipe, at least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.
- Class 3 Specialty Rolls: any yeast recipe, 4 rolls on a paper plate. May be sweet rolls, English muffins, Kolaches, bagels, or any other type of dinner roll.
- Class 4 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.
- Class 5 Specialty Bread: any yeast recipe, includes 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 6 Shortened Cake: Must exhibit at least  $\frac{3}{4}$  of the cake (recipe must not be from a cake mix). Shortened cakes use fat for flavor and texture and recipes usually begin by beating fat with sugar by creaming and include leavening agents in the recipe. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed.)

### **DEPT. E / DIV. 412 – Cooking 401**

Any bread items 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 Double Crust Fruit Pie: made with homemade fruit filling. No egg pastries or cream fillings. No canned filling 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.
- Class 2 Family Food Traditions: any recipe, at least  $\frac{3}{4}$  baked product or 4 muffins or cookies on a 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 tradition or recipe came from.
- Class 3 Ethnic Food Exhibit: any recipe, at least  $\frac{3}{4}$  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 background information about the country or culture the food item is representing.

Class 4 Candy: any recipe, 4 pieces of candy on a paper plate or ½ 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.

Class 5 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. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frosting allowed).

Class 6 Specialty Pastry: Any recipe, at least ¾ 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.

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## FOOD PRESERVATION

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### FOOD PRESERVATION GUIDELINES

- A. Entries Per Individual: Each 4-H'er is limited to a total of ONE exhibit per class in the food and nutrition and food preservation area.
- B. Food Processing Methods: ***Current USDA processing methods and altitude adjustments must be followed for all food preservation.*** Jams, preserves and marmalades, fruit, tomatoes, and pickled vegetables 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 open container disqualifies entry.
- C. Uniformity: 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 display, it helps protect the seal. ***No zinc lids. Improperly canned or potentially hazardous food items will be disqualified.***
- D. Recipe/Labeling: Recipe must be included, 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 the name of 4-H'er, county, name of product and date of processing. Find the 4-H Preservation Card at <https://go.unl.edu/preservation-card>

All canned foods must include the following supporting information:

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). Write plainly on label and attach securely to exhibit. Securely attach an official entry card to exhibit. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep exhibits containing the 3 self-sealing bags together.
9. 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/web/preservation/home> for current USDA guidelines.

E. Altitude for Dodge County is 1377.50.

F. The Fremont 4-H Expo Board is not responsible for lost, damaged or broken exhibits.

## **DEPT. E / DIV. 407**

### **FOOD PRESERVATION**

#### **UNIT 1 Freezing Project Manual**

Class 1 Baked Item made with Frozen Produce- 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. Recipe MUST include a food item preserved by the freezing method done by the 4-H'er. (Ex. Peach pie, blueberry muffins, zucchini breads, 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 Project Manual**

Class 2 Dried Fruit: Exhibit 3 different examples of dried fruits. Place each dried fruit (6-10 pieces of fruit, minimum of 1/4 cup) in a self-sealing bag. Use a rubber band or "twisty" to keep the exhibit together.

Class 3 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

Class 4 Vegetable Leather: Exhibit 3 different examples of 3 different vegetable/ 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 the exhibit together.

Class 5 Dried Vegetables: Exhibit 3 different samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a "twisty" to keep the exhibit together.

Class 6 Dried Herbs: Exhibit 3 different samples of dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a "twisty" to keep the exhibit together.

Class 7 Baked Item made with Dried Produce/Herbs: any recipe, at least  $\frac{3}{4}$  of baked product or 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 product/herb AND the baked food item.

#### **UNIT 3 Boiling Water Canning Manual**

**\*Entries must be processed in the boiling water bath according to current USDA recommendations.**

Class 8 1 Jar Fruit Exhibit: One jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.

Class 9 3 Jar Fruit Exhibit: Exhibit 3 jars of different canned fruit. May be three different techniques for the 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.

Class 10 1 Jar Tomato 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.

Class 11 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.

Class 12 1 Jar Pickled Exhibit: One jar of a pickled and/or fermented product. Entry must be processed in the boiling water bath according to current USDA recommendations.

Class 13 3 Jar Pickled Exhibit: Three 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.

Class 14 1 Jar Jelled Exhibit: Exhibit one jar of a jam, jelly or marmalade. Entry must be processed in the boiling water bath according to current USDA recommendations.

Class 15 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 the boiling water bath according to current USDA recommendations.

#### **UNIT 4 Pressure Canning Project Manual**

**\*Entries must be canned in a pressure canner according to current USDA recommendations unless otherwise noted.**

- Class 16 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.
- Class 17 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.
- Class 18 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.
- Class 19 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 the 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.
- Class 20 Jar tomato Exhibit: exhibit on jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.
- Class 21 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.

## **DEPT. E / DIV. 440**

### **SAFETY**

- Class 1 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 the 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 score sheet SF 110 for guidance. Kits containing any of the following will be automatically disqualified:
- 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.)
  - Materials with expiration dates on or before the JUDGING DATE. (This includes sterile items, non-prescription medications, ointments, salves, etc. Materials dated month and year only are considered expired on the last day of that month.)
  - Any controlled substance.
- Class 2 DISASTER KIT (Emergency Preparedness): Disaster kits must include: materials to prepare a person or family for emergency conditions caused by natural or man-made incidents. 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. Refer to Score Sheet SF 111.
- Class 3 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 ½ x 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.
- Class 4 SAFETY EXPERIENCE: 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. 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.
- Class 5 CAREERS 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 investigators and more. It is recommended that youth interview a professional in the field in their research. Additional research sources might include books, articles, career websites, 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.

## **DEPT. E / DIV. 450**

### **FIRE SAFETY**

- Class 1 FIRE SAFETY POSTER: This will be a scale drawing of a home floor plan showing the primary and secondary escape routes and where fire extinguishers and smoke detectors should be located. Sketch all the rooms in the house showing doors and windows. Use a black or blue pen, draw arrows from each room showing the primary escape route from the house. Use red arrows from each room showing secondary routes to use if the primary route is 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"x14" but not larger than 22"x28".
- Class 2 FIRE SAFETY SCRAPBOOK: The 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 ½"x11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.
- Class 3 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"x14" but not larger than 22"x28".