

# Healthy Lifestyles - Department E

## Food & Nutrition

The purpose of Food & 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.

### General Rules:

1. **Supporting Information** - Each exhibit must include the recipe. Recipe may be handwritten, photocopied or typed. Place food on the appropriately sized plate or container and put in self-sealing bag. Attach entry tag and recipe at the corner of the bag. For non-food entries please attach the 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.

**ALL FOOD ITEMS ENTERED MUST BE FOR HUMAN CONSUMPTION. Treats and food items made for animals cannot be entered.**

2. **Criteria for Judging** - Exhibits will be judged according to score sheets available at your local Extension office or at <http://4h.unl.edu/fairbook>. Make sure to follow all entry instructions required for your exhibit. Each food exhibit will specify the amount to be entered. Example – Four cookies on a small paper plate. Check each project for amount required for 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, commercially prepared seasoning mixes for food preservation and other pre-made mixes entered in other categories will be lowered a ribbon placing.
3. **Food Projects:** Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. The fair is not responsible for non-disposable containers, lost bread boards, China, or glassware.
4. **Ingredients:** Any ingredient that the 4-H'er 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 file or food exhibit. Exhibits that include alcohol will be disqualified.
5. **Food Safety:** 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. Glazes, frostings and other sugar-based toppings are considered safe due to their high sugar content. Egg glazes on yeast breads and pie crusts BEFORE baking are acceptable. Eggs incorporated into baked goods and crusts are considered safe. 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 goods is considered safe and will be accepted)
- 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.

## Healthy Lifestyles - Department E

### Division 401: Cooking 101

\* This division is not eligible for State Fair consideration\*

<b>CLASS 901</b>	<b>COOKIES</b> Any recipe, 4 on a paper plate
<b>CLASS 902</b>	<b>MUFFINS</b> Any recipe, 4 on a paper plate
<b>CLASS 903</b>	<b>NO BAKE COOKIE</b> Any recipe, 4 on a paper plate
<b>CLASS 904</b>	<b>CEREAL BAR COOKIE</b> Any cereal based recipe made in pan and cut into bars or squares for serving, 4 on a paper plate
<b>CLASS 905</b>	<b>GRANOLA BAR</b> Any recipe, 4 on a paper plate
<b>CLASS 906</b>	<b>BROWNIES</b> Any recipe, 4 on a paper plate
<b>CLASS 907</b>	<b>SNACK MIX</b> Any recipe, at least 1 cup in self-sealing plastic bag

## Healthy Lifestyles - Department E

### Division 403: Miscellaneous Foods

\* This division is not eligible for State Fair consideration\*

<b>CLASS 901</b>	<b>COOKIES IN A JAR</b> Any recipe may be used. The presentation of the dry ingredients (attractiveness and the separation of layers) and the decoration of jar will be judged. Recipe must be included with the entry. <b>Baked cookies should not be included.</b>
<b>CLASS 902</b>	<b>SIMPLE CAKES</b> All entries must be made from basic ingredients – not from a box mix. May be a single or layered cake, rolled cake or Bundt cake. No cream cheese or egg white

based frostings allowed. Recipe(s) must be included with the entry. Enter at least 3/4 of cake on a disposable cake plate/container.

\*Another more advanced cake option is found in

DIVISION 411 – COOKING 301, CLASS 6 - Shortened Cake (Scoresheet SF137)

**CLASS 904 EDUCATIONAL FOOD ACTIVITY**

This entry involves sharing with others what you have learned about living a healthy lifestyle. Exhibitors may use whatever means is most effective in showing what they have accomplished in a project they have planned themselves. Photographs, small posters, charts, drawing or articles used or made may be utilized in telling the story of living a healthy lifestyle. This exhibit should include sufficient explanation so that viewers understand what was done.

## **Healthy Lifestyles - Department E**

### **Division 400: Cake Decorating/Gingerbread Houses**

**\* This division is not eligible for State Fair consideration\***

In recognition of youth who excel in the art of decorating baked goods Douglas-Sarpy 4-H will present an Excellence in Cake Decorating Award for Class 901 – Decorated Cake. To be considered for an award, exhibits must be entered according to the class requirements and have received a purple ribbon. Award will be given at the discretion of the judges

**CLASS 901 DECORATED CAKE**

Only decoration is judged. Exhibit may be on Styrofoam or a real cake. Must use decorating tips rolled fondant to be eligible for an award. Enter cake on a disposable cake plate/container.

**CLASS 902 DECORATED CAKE MADE WITH PRESHAPED CAKE PAN**

Only decoration is judged. Must use decorating tips to be eligible for an award. Enter cake on a disposable cake plate/container.

**CLASS 903 OTHER DECORATED BAKED GOODS ITEM**

- **DECORATED CUPCAKES**

Only decoration is judged. Must use decorating tips to be eligible for an award. Can be on Styrofoam or real cupcakes. If cupcakes are baked in liners, leave the liners on. Enter four on a plate.

- **DECORATED COOKIES**

Only decoration is judged. Can be on Styrofoam or real cookies. Enter four on a plate.

- **GINGERBREAD HOUSE**

Only decoration is judged. Any size or style. Decorate in any manner. Enter Gingerbread house on a disposable plate/container.

- **GRAHAM CRACKER GINGERBREAD HOUSE OR INVERTED ICE CREAM CONE "TREE"**

Only decoration is judged. Any size or style. Decorate in any manner. Enter one or more together on a disposable plate/container.

## **Healthy Lifestyles - Department E**

### **Division 350: General Foods**

- CLASS 1      FOOD SCIENCE EXPLORATION** (Scoresheet SF152)  
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 inches x 30 inches), 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** (Scoresheet SF122)  
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 a foam core board (not to exceed 22 inches by 30 inches), 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** (Scoresheet SF122)  
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 to exceed 22 inches by 30 inches), 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 4      COOKING BASICS RECIPE FILE** (Scoresheet SF251)  
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.

# Healthy Lifestyles - Department E

## DIVISION 410 – COOKING 201

- CLASS 1      LOAF QUICK BREAD** (Scoresheet SF123)  
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  $\frac{1}{2}$  inches x 4  $\frac{1}{2}$  inches or 9 inches x 5 inches. If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
- CLASS 2      CREATIVE MIXES** (Scoresheet SF142)  
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. Examples include poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade bread dough, monkey bread 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?
- CLASS 3      BISCUITS OR SCONES** (Scoresheet SF136)  
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** (Scoresheet SF124)  
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** (Scoresheet SF129)  
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.
- CLASS 6      BAKING WITH WHOLE GRAINS** (Scoresheet SF134)  
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** (Scoresheet SF133)  
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 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.

## Healthy Lifestyles - Department E

### DIVISION 411 – COOKING 301

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** (Scoresheet SF138)  
Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- CLASS 2      WHOLE WHEAT OR MIXED GRAIN BREAD** (Scoresheet SF138)  
Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- CLASS 3      SPECIALTY ROLLS** (Scoresheet SF138)  
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.
- CLASS 4      DINNER ROLLS** (Scoresheet SF138)  
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** (Scoresheet SF141)  
Any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least ¾ of a full sized baked product. May be baked in a disposable pan.
- CLASS 6      SHORTENED CAKE** (Scoresheet SF137)  
Must exhibit at least ¾ 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).

## Healthy Lifestyles - Department E

### 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.

- CLASS 1      DOUBLE CRUST FRUIT PIE** (Scoresheet SF144)  
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.
- CLASS 2      FAMILY FOOD TRADITIONS** (Scoresheet SF145)  
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.

**CLASS 3 Ethnic Food Exhibit** (Scoresheet SF146)

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 background information about the country or culture the food item is representing.

**CLASS 4 CANDY** (Scoresheet SF147)

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 not cook; dipped, molded, made in the microwave or other methods of candy preparation. Recipe must be included.

**CLASS 5 FOAM CAKE** (Scoresheet SF138)

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 frostings allowed).

**CLASS 6 SPECIALTY PASTRY** (Scoresheet SF143)

Any recipe, at least 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.

## Food Preservation

### Food Preservation Award

In recognition of youth who excel in the art of fresh preserving (canning), Douglas-Sarpy 4-H will present “Best of Class” in designated recipe categories. Possible awards may be given for **Fruit, Vegetable, Pickled, and Jams or Jellies**. Entries must follow the food preservation rules below. To be considered for an award, exhibits must be entered according to the class requirements and have received a purple ribbon. Awards will be given at the discretion of the judges.

### Food Preservation Rules

- **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. 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 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. Two-piece lids consisting of a flat metal disk and a ring should be used. No zinc lids or one-piece lids.

- **Current Project** - Exhibits must have been preserved since the member's previous year's county fair, and not been exhibited at the previous State Fair.
- **Criteria for Judging** - Exhibits will be judged according to score sheets available at your local Extension office or the State Fairbook at <https://4hfairbook.unl.edu/fairbookview.php/rules>. 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. Check with your local extension office or this site <https://food.unl.edu/canning#elevation> for your county's altitude and how that affects food processing times and pounds of pressure.
- **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.
- **Recipe/Supporting Information**: Recipe must be included, and may be handwritten, photocopied 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 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).



## 4-H Food Preservation Card

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 (check one): dehydrator OR other, please specify (ie: oven, solar, etc.): \_\_\_\_\_  
Approximate drying time: \_\_\_\_\_

INCLUDE INSTRUCTIONS/RECIPE: 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

## Healthy Lifestyles - Department E

### Division 406 - UNIT 1- FREEZING

- CLASS 1**      **BAKED ITEM MADE WITH FROZEN PRODUCE** (Scoresheet SF155)  
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.

## Healthy Lifestyles - Department E

### Division 407 - DRYING

- CLASS 1**      **DRIED FRUITS** (Scoresheet SF154)  
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.
- CLASS 2**      **FRUIT LEATHER** (Scoresheet SF154)  
Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4 inch sample of each fruit together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

- CLASS 3**      **VEGETABLE LEATHER** (Scoresheet SF154)  
Exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4 inch sample of each leather together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.
- CLASS 4**      **DRIED VEGETABLES** (Scoresheet SF149)  
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.
- CLASS 5**      **DRIED HERBS** (Scoresheet SF149) 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.
- CLASS 6**      **BAKED ITEM MADE WITH DRIED PRODUCE/HERBS** (Scoresheet SF156)  
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.

## **Healthy Lifestyles - Department E**

### **Division 408 – Boiling Water Canning**

- CLASS 1**      **1 JAR FRUIT EXHIBIT** (Scoresheet SF150)  
Exhibit one jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.
- CLASS 2**      **3 JAR FRUIT EXHIBIT** (Scoresheet SF150)  
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.
- CLASS 3**      **1 JAR TOMATO EXHIBIT** (Scoresheet SF150) Exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.
- CLASS 4**      **3 JAR TOMATO EXHIBIT** (Scoresheet SF150)  
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.
- CLASS 5**      **1 JAR PICKLED EXHIBIT** (Scoresheet SF150)  
One jar of a pickled and/or fermented product. Entry must be processed in a boiling water bath according to current USDA recommendations.
- CLASS 6**      **3 JAR PICKLED EXHIBIT** (Scoresheet SF150)  
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.

- CLASS 7**      **1 JAR JELLED EXHIBIT** (Scoresheet SF153)  
Exhibit one jar of a jam, jelly or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations.
- CLASS 8**      **3 JAR JELLED EXHIBIT** (Scoresheet SF153)  
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.

## **Healthy Lifestyles - Department E**

### **Division 414 - Pressure Canning**

- CLASS 1**      **1 JAR VEGETABLE OR MEAT EXHIBIT** (Scoresheet SF150)  
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 2**      **3 JAR VEGETABLE EXHIBIT** (Scoresheet SF150)  
Exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.
- CLASS 3**      **3 JAR MEAT EXHIBIT** (Scoresheet SF150)  
Exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.
- CLASS 4**      **QUICK DINNER** (Scoresheet SF151)  
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 inch X 5 inch file card and attach to one of the jars. Entry must be processed according to current USDA recommendations
- CLASS 5**      **1 JAR TOMATO EXHIBIT** (Scoresheet SF150)  
Exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.
- CLASS 6**      **3 JAR TOMATO EXHIBIT** (Scoresheet SF150) 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.

## **Healthy Lifestyles - Department E**

### **Division 900: Table Toppers Contest**

**\* This division is not eligible for State Fair consideration\***

The Table Toppers Contest entry form is available in this fairbook under Contests.

- CLASS 999**      **Clover Kids – ages 5-7**
- CLASS 901**      **Junior – ages 8-10**
- CLASS 902**      **Intermediate – ages 11-13**
- CLASS 903**      **Senior – ages 14-18**