

## DEPARTMENT FOODS, NUTRITION & FOOD PRESERVATION

**ENTER FOOD PROJECTS** in disposable materials, i.e., disposable pan or plate and covered by a plastic self-sealing bag. The Fair is not responsible for lost bread boards, china or glassware.

**GENERAL:** Members may exhibit only in the project in which they enrolled. Baked products entered in the County Fair cannot be entered at State Fair. Products should be baked the day before entry day or as designated by County.

**ENTRIES PER INDIVIDUAL:** One entry per exhibitor per class.

**LABELS:** For **ALL FOOD PRODUCTS:** Each exhibit must include the recipe. Recipe may be handwritten, photocopied or typed. Place the food on the appropriate-sized plate or container and put exhibit in a self-sealing 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. **GENERAL LABELING INFORMATION** including recipes and supplements information should be identified with 4-H'ers FIRST name and county.

### CRITERIA FOR JUDGING:

- Exhibits will be judged according to score sheets available at the extension office or at <http://4h.unl.edu/county-fair/scoresheets>.
- Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered one ribbon placing.
- Commercially prepared mixes are **ONLY** allowed in Cooking 201 Creative Mix Class. Prepared baking mixes, biscuit mixes and 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 will be disqualified. This includes menu and recipe file exhibits.

**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. The following food ingredients are considered unsafe for fair exhibits and will be disqualified: Cream cheese fillings and cream cheese frostings; any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc); melted chest toppings and the uncooked fruit toppings. (i.e., fresh fruit tarts). 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.

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 and cheese mixed into baked goods are considered safe.

**STATE FAIR** - Exhibits marked with a \* are State Fair exhibit categories.

All items entered in the "other baked product" classes will be judged together.

### LINCOLN COUNTY:

**Senior Foods Champion and Senior Foods Reserve Champions** will be selected from 4-H'ers exhibiting in: Cooking 301, Cooking 401, and Food Preservation. 4-H'er must be 12 years of age to qualify. 4-H'er may win each award (Foods Champion or Reserve Champion) only once.

**Junior Foods Champion and Junior Foods Reserve Champions** will be selected from 4-H'ers exhibiting in: Cooking 101, Cooking 201 and Food Preservation. 4-H'er must be 8 to 11 years of age to qualify. 4-H'er may win each award (Foods Champion or Reserve Champion) only once.

Points are also added for participation in a presentation or speech (communication) given on a foods-related topic. Points awarded for ribbon placings as follows: Purple ribbon exhibit - 4 points; Blue ribbon exhibits - 3 points; Red ribbon exhibits - 2 points; White ribbon exhibits - 1 point. Each food project area that has over 50 enrolled 4-H members, two prize vouchers will be awarded.

### **WHOLE GRAIN PRODUCTS – LINCOLN COUNTY ONLY**

Open to all 4-H members enrolled in a foods project. To qualify as a whole grain exhibit, the product must contain a minimum of 25% whole grain or whole grain flour as an ingredient. Whole grain products will also be sold in the 4-H foods Bake Sale. Whole grain products will be exhibited as follows:

1. **Junior Division (4-H ages 8-11) Division 410–Cooking 201** Whole grain recipes may be used for the following classes: E410-001, E410-002, E410-003, E410-004, E410-005 and E410-006
2. **Senior Division (4-H ages 12-18) Division 411–Cooking 301** Whole grain recipes may be used for the following classes: E411-002, E411-003, E411-004, E411-005 and E411-006
3. Any whole grain product may be used including exhibits using whole or cracked wheat flour, rye flour, cornmeal, oatmeal, triticale, bulgur, soybeans, etc., 4-H'ers are encouraged to try new recipes and ideas (ex. avoid traditional oatmeal cookies or cornbread). Priority will be given to unusual and unfamiliar whole grains or combinations of grains with pleasing flavor and texture.
4. Ribbons and premium money will be given to all exhibitors. The top 3 exhibits in LINCOLN COUNTY in each division (junior and senior) will receive prizes of \$10.00, \$7.50, and \$5.00, courtesy of the 4-H Council.

## **DIVISION 401 – COOKING 101 (County Only)**

- E401-901 Cookies/Bar** - This may be any type of cookie: rolled, or dropped, 4 on a paper plate.
- E401-902 Muffins** - Any recipe, 4 on a paper plate
- E401-903 No Bake Cookie** - Any recipe, 4 on a paper plate.
- E401-904 Cereal Bar Cookie** - Any cereal-based recipe made in pan and cut into bars or squares for serving.
- E401-905 Granola Bar** – Any recipe, 4 on a paper plate.
- E401-906 Brownies** - Any recipe, 4 brownies on a small paper plate. Any recipe may be used, but it must be made from scratch.
- E401-907 Snack Mix** - Any recipe, at least 1 cup in self-sealing plastic bag.
- E401-908 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.
- E401-909 Cornbread** - Any recipe, at least  $\frac{3}{4}$  of baked product or 4 pieces on a paper plate. May be baked in a disposable pan.
- E401-910 Cake** - Any recipe, at least  $\frac{3}{4}$  of a baked product. May be baked in a disposable pan
- E401-925 Other Baked Item** relevant to this project and suitable for bake sale.

## **DIVISION 350 GENERAL FOODS**

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

--Exhibit may be a poster or foam core board (not to exceed 22" X 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.

- E350-001\* Food Science Explorations** - Show the connection between food and science as it relates to food preparation, food safety or food production
- E350-002\* Foods and Nutrition Poster, Scrapbook or Photo Display** – Project should involve a nutrition or food preparation technique or career/concept lesson. This might contain pictures, captions and/or reports to highlight the concept.
- E350-003\* Physical Activity and Health Poster, Scrapbook, or Photo Display** - Project should involve a physical activity or career concept/lesson. This might contain pictures, captions and/or reports to highlight the concept.
- E350-004\* 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.

## **DIVISION 410 – COOKING 201**

- E410-001\* 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" or 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.
- E410-002\* Creative Mixes** (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.) 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 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?
- E410-003\* 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.
- E410-004 Healthy Baked Product** (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 contain a fruit or vegetable as part of the ingredients (Ex: banana bars, cantaloupe quick bread, zucchini muffins, etc
- E410-005\* Coffee Cake** Any recipe or shape, non-yeast product – at least  $\frac{3}{4}$  of baked product. May be baked in a disposable pan. Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.
- E410-006\* Baking With Whole Grains** Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate. May be baked in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex: whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)
- E410-007\* 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. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.
- E410-925 Other Baked Item** relevant to this project and suitable for the bake sale.

## **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.

- E411-001\* White Bread** (any yeast recipe) At least 3/4 of a standard loaf displayed on a paper plate.
- E411-002\* Whole Wheat or Mixed Grain Bread** (any yeast recipe) At least 3/4 of a standard loaf displayed on a paper plate.
- E411-003\* 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.
- E411-004\* 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.
- E411-005\* Specialty Bread** - 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.
- E411-006\* Shortened Cake** - NOT FROM A CAKE MIX! At least ¾ 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 frosting allowed).
- E411-925 Other Baked Item** relevant to this project and suitable for the bake sale.

## **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.

- E412-001\* Double Crust Fruit Pie** Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or pre-made pie crusts. May be a double crust, crumb, or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended.
- E412-002\* Family Food Traditions** (Any recipe, at least ¾ 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.
- E412-003\* Ethnic Food Exhibit** (Any recipe, at least ¾ 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.
- E412-004\* 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.
- E412-005\* 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 frostings allowed)
- E412-006\* Specialty Pastry** (Any recipe, at least ¾ of a 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.
- E412-925 Other Baked Item** relevant to this project and suitable for the bake sale.

## **FOOD PRESERVATION (PRESERVATION RULES)**

- A. 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 unsealed container disqualifies entry.
- B. 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 fair display, it helps protect the seal. No zinc lids. Improperly canned or potentially hazardous food items will be disqualified.
- C. CURRENT PROJECT** – All canning must be the result of this year's 4-H project, since September 1 of the previous calendar year.
- D. CRITERIA FOR JUDGING** - Exhibits will be judged according to score sheets available at your local Extension office. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered one ribbon class. Check with your local extension office for your county's altitude and how that affects food processing times and pounds of pressure.
- E.** Ag Society and/or Fair Board are not responsible for lost, damaged, or broken exhibits.
- F. 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 name of 4-Her, county and date of processing. All exhibits must include *the 4-H Food Preservation Card* attached to the project as the required supporting information or include the 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). 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 "twisty" to keep exhibit 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/preservatin/home> for current USDA guidelines.**

## 4-H FOOD PRESERVATION SERIES

### DIVISION 407

#### **UNIT 1 FREEZING PROJECT MANUAL**

**E407-001\* Baked Item Made With Frozen Produce** – Any recipe, at least ¾ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Recipe MUST include a food item preserved by the freezing method done by the 4-H'er. Ex: Peach pie, blueberry muffins, zucchini bread, etc.) Supporting information must include both the recipe for the produce that was frozen as part of this project AND the baked food item.

#### **UNIT 2 DRYING PROJECT MANUAL**

**E407-002\* Dried Fruit** - Exhibit 3 different examples of 3 different dried fruits. Place each dried fruit (6-10 pieces of fruit, minimum of 1/4 cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

**E407-003\* 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.

**E407-004\* 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.

**E407-005\* Dried Vegetables** Exhibit 3 different samples of 3 different dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.

**E407-006\* 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.

**E407-007\* Baked Item Made With Dried Produce/Herbs** – Any recipe, at least ¾ of baked product or 4 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, Italina herb bread, lemon thyme cookies. Supporting information must include both the recipe and the dried produce/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)**

**E407-008\* Jar Fruit Exhibit** One jar of a canned fruit.

**E407-009\* 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.

**E407-010\* Jar Tomato Exhibit** One jar of a canned tomato product.

**E407-011\* 3 Jar Tomato Exhibit** Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.)

**E407-012\* Jar Pickled Exhibit** One jar of a pickled and/or fermented product.

**E407-013\* 3 Jar Pickled Exhibit** Three jars of different kinds of canned pickled and/or fermented products.

**E407-014\* Jar Jelled Exhibit** One jar of a jam, jelly or marmalade.

**E407-015\* 3 Jar Jelled Exhibit** Three different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size).

#### **UNIT 4 PRESSURE CANNING PROJECT MANUAL (Entries must be canned in a pressure canner according to current USDA recommendations unless otherwise noted)**

**E407-016\* Jar Vegetable or Meat Exhibit** One jar of a canned vegetable or meat.

**E407-017\* 3 Jar Vegetable Exhibit** Three jars of different kinds of canned vegetables.

**E407-018\* 3 Jar Meat Exhibit** Three jars of different kinds of canned meats.

**E407-019\* 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" x 5" file card and attach to one of the jars. Entry must be processed according to USDA recommendations.

**E407-020\* Jar Tomato Exhibit** One jar of a canned tomato product.

**E407-021\* 3 Jar Tomato Exhibit** Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.)

### **DIVISION 912 –FAVORITE FOOD CONTEST**

**Logan County:** This contest integrates food and nutrition curriculum knowledge into one activity: food preparation, menu planning, nutritional knowledge, table service and food handling practices. Top 4 exhibitors will be eligible to participate in the State Fair Foods Event. See State Fair Book for event rules.

Rules:

1. The 4-H'er should set up their display 15 minutes prior to the start of the contest.
2. 4-H'er must choose to center display around any theme they wish. They will then coordinate a centerpiece and place setting. Disposable place settings can be used.
3. The exhibit should fit on a standard card table, which the 4-H'er must furnish.
4. Interview judging will be used to evaluate each exhibit. 4-H'er should be prepared to give a 5 minute presentation about the preparation of the recipe, selection and management of the menu, nutritional information in regard to the food and menu exhibited. Exhibit should include the following:
  - A. Two 4" x 6" cards with 1) the recipe of the food item being exhibited, 2) a menu featuring the exhibited food item..
  - B. One place setting should be set. Use table appointments - dishes, silverware, etc., appropriate to the chosen theme.
  - C. A centerpiece appropriate for the planned occasion or theme.
  - D. Table covering, as appropriate for the occasion for the chosen theme or occasion. (Table cloth, place mats, etc.)
  - E. One serving of the prepared food on/in appropriate dish. (Please note: Proper food safety rules should be followed. Food should not be allowed to sit at room temperature for more than 2 hours. Though you may furnish a cooler to keep it at the appropriate temperature until your exhibit is judged.)
  - F. Each 4-H'er is responsible for bringing their own card table the day of the event and setting up their own display.

**K990-903 Cloverkid Favorite Foods Contest**

**E912-902 Favorite Foods Participant**

**LOGAN COUNTY BAKED GOODS AUCTION:** Must be present or find a substitute 4-H'er. It is at the discretion of the Foods Superintendent as to selecting food for the Food Auction. Proceeds go directly to all youth if they are present. Checks should be made payable to 4-H member.

**LINCOLN COUNTY 4-H BAKE SALE:** All 4-H baked food products will be sold Wednesday afternoon from 2:30 p.m. - 3:30 p.m. at the fairgrounds, and 4:00 p.m. - 7:00 p.m. at a local business. Fruit pies will be sold in the 4-H food stand. 4-H'ers: If you have extra baked items to donate to the bake sale, bring them with you as you enter your exhibits.