

FOOD & NUTRITION

(GENERAL FOODS, COOKING 101, FAST FOODS,
COOKING 201, COOKING 301, COOKING 401, FOOD PRESERVATION)

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.

See General Rules pg. 2 for additional information.

All static exhibits must receive a purple at the county fair to advance to the State Fair.

All FOOD & NUTRITION exhibits are eligible for the PREMIER 4-H SCIENCE AWARD offered at State Fair. See pg. 5 for details.

GENERAL FOODS, COOKING & FAST FOODS

GENERAL INFORMATION & EXHIBITING RULES – GENERAL FOODS, COOKING & FAST FOODS

- ENTRIES** - 4-Hers may exhibit only in the project(s) in which enrolled. Entries are allowed in only one level at a time (i.e. Beginning, Intermediate or Advanced). 4-Hers enrolled in an intermediate or advanced unit may not enroll or exhibit in a less advanced unit. Baked products entered in county fair cannot be entered at State Fair. Products for State Fair should be baked the day before entry day or as designated by county.
- LABELS, RECIPES & SUPPORTING INFORMATION:**
 - ALL FOOD PRODUCTS** - Each exhibit must include the recipe (including frosting for cake decorating). Recipe may be handwritten, photocopied or typed. Use disposable materials for displaying food project. Place the food on the appropriate size paper plate or container and put in plastic self-sealing bag. Attach entry tag and recipe at the corner of the bag on the outside.
 - NON-FOOD ENTRIES** - Please attach the entry tag to the upper right hand corner of the entry.
 - GENERAL LABELING INFORMATION** - All additional information pieces (recipes, special items) must be labeled with exhibitor's name and county.
 - SUPPORTING INFORMATION** – Read each class description carefully. Some classes require additional information. Be sure to follow instructions and answer any questions included in the class description.
- CRITERIA FOR JUDGING** – Exhibits will be judged according to score sheets available at the Extension Office or at <https://go.unl.edu/ne4hfood-nutrition>. Make sure to follow all entry instructions required for your exhibit. **Incomplete exhibits will be lowered a ribbon placing. Commercially prepared mixes are ONLY allowed in Cooking 201 Creative Mixes 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 place.
- FOOD PROJECTS** - Exhibits should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. The Extension Office & Nemaha County Ag Society is not responsible for damage or loss of non-disposable containers, lost bread boards, China, or glassware.
- INGREDIENTS** that the 4-H 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.
- 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 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).

DEPARTMENT E - DIVISION 350 - GENERAL FOODS EXHIBITS

Division 350 Classes 001–004, 901–903

Pay Category L

Any 4-H member enrolled in a 4-H Foods project is eligible to exhibit in any or all of the following general categories.

- SF)CLASS 001** **Food Science Explorations** - Open to any 4-Her enrolled in a Foods and Nutrition 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. (SF152)
- SF)CLASS 002** **Foods and Nutrition Poster, Scrapbook, or Photo Display** - Open to any 4-Her 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. 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. (SF122)
- SF)CLASS 003** **Physical Activity and Health Poster, Scrapbook, or Photo Display** - Open to any 4-Her 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 therapists, etc.). This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" 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. (SF122)
- SF)CLASS 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. Exhibits that include recipes with alcohol (wine, beer, rum, etc.) will be disqualified. (SF251)
- C)CLASS 901** **Foods Poster** - 14" x 22" emphasizing **food sanitation** or **kitchen safety** or **use of MyPlate for good nutrition** or **how to set a table correctly**.
- C)CLASS 902** **"Food Flop"** - Any food item illustrating food preparation problems. This may be the result of intentional or accidental mistakes. A 4" x 6" card should accompany the exhibit explaining the preparation problem(s) experienced and how these could be overcome. (The explanation card will provide the basis for judging this exhibit).
- C)CLASS 903** **Table Centerpiece** - Created by the exhibitor.

BEGINNING FOODS PROJECT

DEPARTMENT E - DIVISION 401 – COOKING 101

Division 401 Classes 901–909

Pay Category L

- C)CLASS 901** **Cookies** (any recipe, 4 on a paper plate) (SF118)
- C)CLASS 902** **Muffins** (any recipe, 4 on a paper plate) (SF127)
- C)CLASS 903** **No Bake Cookie** (any recipe, 4 on a paper plate) (SF121)
- C)CLASS 904** **Cereal Bar Cookie** (any cereal-based recipe made in pan and cut into bars or squares for serving) (SF120)
- C)CLASS 905** **Granola Bar** (any recipe, 4 on a paper plate) (SF119)
- C)CLASS 906** **Brownies** (any recipe, 4 on a plate) (SF120)
- C)CLASS 907** **Snack Mix** (any recipe, at least 1 cup in self-sealing plastic bag) (SF116)
- C)CLASS 908** **Poster** - 14"x 22" emphasizing how to measure an ingredient/ingredients correctly or the "Why" of measuring correctly in food preparation.
- C)CLASS 909** **Bakery Foods Collage** - On a poster, no larger than 14"x 22", create a collage of pictures of favorite bakery foods. Consider artistic presentation.

INTERMEDIATE FOODS PROJECTS

DEPARTMENT E - DIVISION 402 - FAST FOODS

Division 402 Classes 901–908

Pay Category L

- C)CLASS 901** **Coffee Cake** (any recipe or shape, non-yeast product). At least 3/4 of baked product. May be exhibited in a disposable pan. Include cost of making the recipe and a menu for a complete meal where this recipe is served. (SF129)

- C)CLASS 902** **Cost Comparison Exhibit** – Exhibit **must** include both the food product made from scratch and the comparable purchased product (for example, homemade cinnamon rolls compared to a premade cinnamon roll purchased at the store). Supporting information needs to include the cost of the food item made compared to the commercial product and the recipe for the homemade food item. See pages 22 – 35 of Fast Foods Manual relating to the Grocery Store Tour and the Store Shopper Tip Sheet listed on page 31. (SF132)
- C)CLASS 903** **Fast Food Baked Product** - Exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) that saves time in food preparation. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method. (SF133)
- C)CLASS 904** **Fast Foods Recipe File** - Collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year 4-Her is in project, with year clearly marked on recipes. Display in recipe file or in a binder. Be sure to include the number of servings or yield of each recipe. (SF251a)
- C)CLASS 905** **Food Safety** - Select one meal menu and give details on the steps you take from the start of preparation through clean-up of the meal. Include details of cleaning, separating, cooking and chilling the food products during the timeline. Refer to pages 72-76 in the Fast Foods manual. Exhibit can be a notebook or poster. (CF251C)
- C)CLASS 906** **Any Nutritious Snack** - One cup or four of an item. Include a cost worksheet for the prepared recipe with the exhibit.
- C)CLASS 907** **Cracker or Chip** (any recipe) - Include cost and brief comparison to similar commercial product. (CF131)
- C)CLASS 908** **Microwaved Product** (any recipe or shape) - At least 3/4 of baked product or 4 muffins on a paper plate. May be baked in a disposable pan. Include comparison of using a microwave to prepare a baked product and how that affected the time of preparation, quality of the product, and a menu for a complete meal where this recipe is served. (CF137)

DEPARTMENT E - DIVISION 410 – COOKING 201

Division 410 Classes 001-007, 901-902

Pay Category L

- SF)CLASS 001** **Loaf Quick Bread** - Any recipe, at least ¾ 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 ½" x 4 ½" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging. (SF 123)
- SF)CLASS 002** **Creative Mixes** – Any recipe, at least 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? (SF142)
- SF)CLASS 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. (SF136)
- SF)CLASS 004** **Healthy Baked Product** - Any recipe, at least 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.). (SF124)
- SF)CLASS 005** **Coffee Cake** - Any recipe or shape, non-yeast product - at least 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. (SF129)
- SF)CLASS 006** **Baking With Whole Grains** - Any recipe, at least ¾ 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.) (SF134)
- SF)CLASS 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 ¾ 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. (SF133)
- C)CLASS 901** **Unique Baked Product** – Recipe must contain a surprise ingredient and **MUST** not use a mix (ex. cantaloupe quick bread, pork & bean bread, etc.). (Any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan.) **Write what you learned about making**

this unique item with an unusual ingredient. What was the anticipated outcome? Would you make it again?

C)CLASS 902 Pretzels - Four non-yeast pretzels on a paper plate.

DEPARTMENT E - DIVISION 411 – COOKING 301

Division 411 Classes 001-006

Pay Category L

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.

- SF)CLASS 001 White Bread** - Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate. (SF138)
- SF)CLASS 002 Whole Wheat or Mixed Grain Bread** - Any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate. (SF138)
- SF)CLASS 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. (SF138)
- SF)CLASS 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. (SF138)
- SF)CLASS 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. (SF141)
- SF)CLASS 006 Shortened Cake** – 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). (SF137)

ADVANCED FOODS PROJECT

DEPARTMENT E - DIVISION 412 – COOKING 401

Division 412 Classes 001-006

Pay Category L

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.

- SF)CLASS 001 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. (SF144)
- SF)CLASS 002 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. (SF145)
- SF)CLASS 003 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. (SF146)
- SF)CLASS 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. (SF147)
- SF)CLASS 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). (SF138)
- SF)CLASS 006 Specialty Pastry** - 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. (SF143)

FOOD PRESERVATION

GENERAL INFORMATION & EXHIBITING RULES – FOOD PRESERVATION

- 1. 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.
- 2. 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.
- 3. Current Project:** All canning must be the result of this year's 4-H project.
- 4. Criteria for Judging:** Exhibits will be judged according to score sheets available at your local Extension office or 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.
- 5. 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. 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.
- 6. 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
 - Nebraska Extension's Food Website <https://food.unl.edu/food-safety>: or Extension publications from other states
 - Ball Blue Book (published after 2009) or online: <https://www.freshpreserving.com/recipes>
- 7. 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)

DEPARTMENT E - DIVISION 406 - FREEZING

Division 406 Classes 001

Pay Category L

- SF)CLASS 001 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. (SF155)

DEPARTMENT E - DIVISION 407 - DRYING

Division 407 Classes 001-006

Pay Category L

- SF)CLASS 001 Dried Fruits** - 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. (SF154)
- SF)CLASS 002 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. (SF154)
- SF)CLASS 003 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. (SF154)

SF)CLASS 004

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. (SF149)

SF)CLASS 005

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. (SF149)

SF)CLASS 006

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. 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 produce/herb AND the baked food item. (SF156)

DEPARTMENT E - DIVISION 408 – BOILING WATER CANNING

Division 408 Classes 001-008

Pay Category L

SF)CLASS 001

1 Jar Fruit Exhibit - Exhibit one jar of a canned fruit. Entry must be processed in a boiling water bath according to current USDA recommendations. (SF150)

SF)CLASS 002

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. (SF150)

SF)CLASS 003

1 Jar Tomato Exhibit - Exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations. (SF150)

SF)CLASS 004

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. (SF150)

SF)CLASS 005

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. (SF150)

SF)CLASS 006

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. (SF150)

SF)CLASS 007

1 Jar Jelled Exhibit - Exhibit one jar of a jam, jelly or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations. (SF153)

SF)CLASS 008

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. (SF153)

DEPARTMENT E - DIVISION 414 – PRESSURE CANNING

Division 414 Classes 001-006

Pay Category L

SF)CLASS 001

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. (SF150)

SF)CLASS 002

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. (SF150)

SF)CLASS 003

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. (SF150)

SF)CLASS 004

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. (SF151)

SF)CLASS 005

Jar Tomato Exhibit - Exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations. (SF150)

SF)CLASS 006

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. (SF150)

CAKE DECORATING

GENERAL INFORMATION & EXHIBITING RULES – CAKE DECORATING

1. **Special Note** - Cakes used for cake decorating entries may be made from scratch or from a commercial mix.

Decorated cakes will not be tasted during judging.

2. **Note about raw eggs** – Due to food safety issues, raw eggs **cannot** be used in food exhibits like a frosting/glaze that is not cooked or baked. You can use powdered eggs or meringue powder in place of raw eggs. If the raw eggs are cooked or baked in a recipe, they **can** be used for exhibits at the Nemaha County Fair. After they are cooked/baked, they are no longer raw eggs. Please keep this in mind when preparing your food exhibits.
3. **Cupcakes and Cookies:** May be home baked or purchased. May use tip/s and/or candy decorations, etc. Exhibit 4 cookies or cupcakes unless otherwise indicated. Do NOT cover exhibit.
4. **Cakes:** Baked cake or styrofoam may be decorated. Cake should be exhibited on a sturdy base (plywood, bread board, etc.) which may be covered with paper, plastic doilies or ruffles. Non-edible decorations should not be used on the cake unless specified. Details outline in Cake Decorating Manual. It is recommended that frosting is made with shortening rather than butter. Fondant may be used in any level exhibit/s.
5. **Recipe** – Each exhibit must include a recipe for the frosting. If homemade fondant is used, exhibit must include the fondant recipe. Recipes may be handwritten, photocopied, or typed.

DEPARTMENT E - DIVISION 415 - CAKE DECORATING 1 (4-H age: 8-11 year olds)

Division 415 Class 901- 909

Pay Category L

- C)CLASS 901 **Decorated Cupcakes** – Theme of your choice.
- C)CLASS 902 **Decorated Cookies** – Theme of your choice.
- C)CLASS 903 **Cupcake Cake** – Arrangement of decorated cupcakes.
- C)CLASS 904 **Cake, Cookie or Brownie on a Stick** (4 on a plate)
- C)CLASS 905 **Birthday Cake** – Shape or layer/s decorated in any method.
- C)CLASS 906 **One Layer Cake Decorated with Edible Items** – Use edible items such as pretzels, candies, etc. to decorate a one layer cake. No tips.
- C)CLASS 907 **One Layer Cake Decorated with Non-edible items** (No tips.)
- C)CLASS 908 **One Layer Cake Decorated Cake Using 2 or More Tips** – Decorate cake using two or more different decorating tips. Sugar molding may be used.
- C)CLASS 909 **Shape Cake or Cut-Out Shape Cake** – Optional use of tips.

DEPARTMENT E - DIVISION 416 - CAKE DECORATING 2 (4-H age: 12-18 year olds)

Division 416 Class 901-912

Pay Category A

- C)CLASS 901 **Decorated Cupcakes** – Theme of your choice.
- C)CLASS 902 **Decorated Cookies** – Theme of your choice.
- C)CLASS 903 **Cupcake Cake** – Arrangement of decorated cupcakes.
- C)CLASS 904 **Cake, Cookie or Brownie on a Stick** (4 on a plate)
- C)CLASS 905 **Birthday Cake** – Shape or layer/s decorated in any method.
- C)CLASS 906 **One or Two Layer Cake Decorated with Edible Decorations and One or more Tips** – Decorate cake using edible items such as pretzels, candies, etc., and one or more decorating tips.
- C)CLASS 907 **One or Two Layer Cake Decorated with Non-edible items decorations and One or More Tips** – Decorate cake using non-edible items and one or more decorating tips.
- C)CLASS 908 **Two Layer Decorated Cake Using 2 or More Tips** – Decorate cake using two or more different decorating tips. Sugar molding may be used.
- C)CLASS 909 **Shape Cake or Cut-Out Shape Cake** – Optional use of tips.
- C)CLASS 910 **Two Layer Decorated Cake showing Using 3 or More Tips** – Decorate cake using 3 or more different decorating tips. Sugar molding may be used.
- C)CLASS 911 **Decorated Three-tiered Cake** – Decorate a 3-tier cake. Suggested combination is 6", 8", and 12".
- C)CLASS 912 **3-D Cake**