



FOOD & NUTRITION

Superintendents: Lou Hajek & Katie Zoubek



GENERAL INFORMATION

Place the food on the appropriate size plate. Put exhibit in a re-sealable bag. **Include recipe and source of recipe (can be photocopied or typed, or handwritten) on all entries. Entries without a recipe will be disqualified. Please also include the recipe used for the fillings on things like pies or kolaches.** Attach the recipe and entry tag to the upper right corner of the bag outside of the bag.

For non-food entries such as poster or binders, attach the entry tag to the upper right-hand corner of the entry. Additional information including recipes and supplemental information should be identified with the 4-H'er's name and county.

Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered one ribbon placing.

FOOD SAFETY AND INGREDIENTS NOT TO BE USED

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.

Exhibits are on display for several days. Please think about 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).

FOODS ENTRY TIMES

To ensure freshness of your 4-H Food entries, food exhibits are the ONLY static entries that may be brought on Tuesday morning between 7:30 a.m. and 8:30 a.m. You may bring your food entries on Sunday evening and leave them on the foods tables, make sure you have your entry tag and recipe cards attached with your name on the recipe card as the superintendents will not be there on Sunday night for check-in as Food exhibit check-in is Tuesday evening. Food entries not received by 8:30 am Tuesday morning will not be accepted in the 4-H Division. No exceptions!

USE OF COMMERCIALY PREPARED MIXES

Commercially prepared mixes are allowed in the Cooking 201 Creative Mix Class exhibit ONLY and must show how the original product directions were changed to create the new baked food item. NO PREPARED MIXES ARE TO BE ENTERED IN ANY OTHER FOODS CLASSES. EXHIBITS WITH PREPARED MIXES WILL BE LOWERED A RIBBON PLACING. For Non-Food Entries - Please attach the entry tag to the upper right-hand corner of the entry. Any special items accompanying an exhibit must include the exhibitor's name and county.

ENTRY LIMIT

One entry per class.

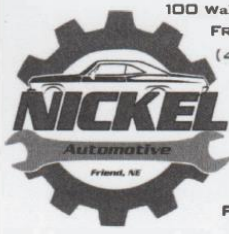
RESOURCES

4-H Food Judging Guide can be found at: <https://go.unl.edu/4hfoodjudgingguide16>
4-H Foods project manuals.

SALE OF FOOD ENTRIES

Foods left over from judging will be sold on the 4-H Council Bake Sale. IMPORTANT: If you do not want your food entry sold, you need to attach a note to your exhibit stating so. NO DECORATED CAKES WILL BE SOLD.

INTERVIEW JUDGING: Interview judging is available. Please read 4-H static exhibit general information on page 56.



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GENERAL FOODS - Division 350

1. Food Science Explorations - Show the connection between food and science as it relates to food preparation, food safety, food preservation, or food production. 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 portfolio or notebook. Consider neatness and creativity.

2. Foods and Nutrition Poster, Scrapbook, or Photo Display - 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 dietician, etc.) This might contain pictures, captions, and/or a report to highlight the concept. restaurant owner, food scientist, registered dietitian, etc.). The exhibit may be a poster or 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, a written report in a portfolio or notebook. Consider neatness and creativity.

3. Physical Activity and Health Poster, Scrapbook, or Photo Display - The project should involve 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. The exhibit 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, a written report in portfolio or notebook. Consider neatness and creativity.

4. Cooking Basics Recipe - 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 previous years in 4-H. Exhibits that include recipes with alcohol (wine, beer, rum, etc.) will be disqualified.

PREMIUM CODE 14

COOKING 101- Division 401

+ County Project Only - not eligible for State Fair Competition.

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

PREMIUM CODE 12

COOKING 201 - DIVISION 410

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 the exhibit, two loaves must be presented for judging.

2. Creative Mixes - Commercially prepared mixes allowed in this class only - 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 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?

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.

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. The recipe must contain a fruit or vegetable as part of the ingredients (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.).

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.

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. The recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)

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 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.

PREMIUM CODE 10

COOKING 301 - DIVISION 411

Any bread item prepared or baked using a bread machine should be entered under the Cooking 201, Class 7 - 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.

- 1. White Bread** - any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- 2. Whole Wheat Or Mixed Grain Bread** - any yeast recipe, at least 3/4 of a standard loaf displayed on a paper plate.
- 3. Specialty Rolls** - any yeast recipe, 4 rolls on a paper plate. May be sweet rolls, English muffins, kolaches, bagels, or any other similar recipe that makes individual portions. Please also include the recipe for the fillings used on kolaches or similar filled products.
- 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.
- 5. 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.
- 6. Shortened Cake** - At least ¾ of the cake (not 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). Must exhibit at least 3/4 of the cake (recipe must not be from a cake mix).

PREMIUM CODE 8



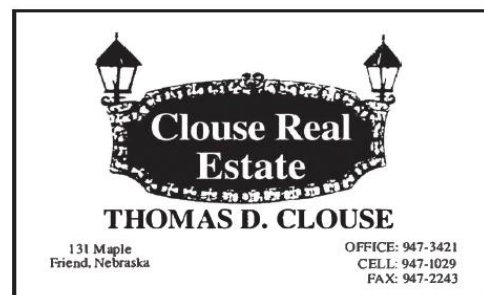
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COOKING 401 - DIVISION 412

Any bread item prepared or baked using a bread machine should be entered under the Cooking 201, Class 7 - 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.

- 1. Double Crust Fruit Pie** - made with homemade fruit filling (please include the recipe used for the filling and the crust). 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.
- 2. Family Food Traditions** - any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Any baked item associated with family tradition and heritage. Entry must include (A) the recipe, (B) tradition or heritage associated with preparing, serving the food, (C) where or who the traditional recipe came from.
- 3. Ethnic Food Exhibit** - any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. The name of the country, culture or region should be included as part of the supporting information with the recipe, as well as background information about the country or culture the food item is representing.
- 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.
- 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 frostings allowed).
- 6. 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.

PREMIUM CODE 6



FOOD PRESERVATION

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 county fair or 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 placing. Canned food items not processed according to altitude in the county will be lowered one class ribbon. Commercially prepared seasoning mixes used in food preservation exhibits will be lowered on ribbon placing. 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 "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: Recipe must be included, and may be handwritten, photocopied, or typed. Commercially prepared seasoning mixes are not allowed.

RESOURCES

Current USDA guidelines for food preservation methods MUST be followed. Suggested sources of recipes include:

1. 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)
2. *USDA Guide to Home Canning* - <https://go.unl.edu/usda-guide-home-canning>
3. Nebraska Extension's Food Website <https://food.unl.edu/food-preservation> or Extension publications from other states
4. Ball Blue Book (published after 2009)

4-H FOOD PRESERVATION CARD REQUIRED

All exhibits must include the 4-H Food Preservation Card at: <https://go.unl.edu/4hfoodpreservationcard> attached to the project as the required supporting information or include following information with exhibit:

1. Name of product
2. Date preserved
3. Method of preservation (pressure canner, water bath canner or dried)
4. Type of pack (raw pack or hot pack)
5. Altitude (and altitude adjustment, if needed)
6. Processing time
7. Number of pounds of pressure (if pressure canner used)
8. Drying method and drying time (for dried food exhibits)-
9. Recipe and source of recipe (if a publication, include name and date).

	
4-H Food Preservation Card <small>(Please attach this card to each item preserved.)</small>	
Name: _____ County: _____	
Name of Product: _____ Date Preserved: _____	
PROCESSING METHOD (CHECK ONE):	
<input type="checkbox"/> Boiling Water Canner, indicate type of pack (check one): <input type="checkbox"/> raw pack OR <input type="checkbox"/> hot pack	
Processing time: _____ Altitude: _____	
<input type="checkbox"/> Pressure Canner, indicate type of gauge (check one): <input type="checkbox"/> weighted gauge OR <input type="checkbox"/> dial gauge	
Product was canned at _____ pounds pressure at _____ altitude.	
Processing time: _____ <input type="checkbox"/> packed hot OR <input type="checkbox"/> packed cold	
<input type="checkbox"/> Dehydration (check one): <input type="checkbox"/> dehydrator OR <input type="checkbox"/> other, please specify (ie: oven, solar, etc.): _____	
Approximate drying time: _____	
INCLUDE INSTRUCTIONS/RECIPE:	
<small>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.</small>	



UNIT 1 FREEZING PROJECT MANUAL - Division 406

1. Baked Item Made With Frozen Produce - any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate. 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 - Division 407

1. 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 the exhibit together.

2. 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 the exhibit together.

3. Vegetable Leather - exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4" sample of each leather together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

4. 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.

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.

6. Baked Item Made With Dried Produce/Herbs - any recipe, at least 3/4 of baked product or 4 muffins or cookies on a paper plate or in a disposable pan. Recipe MUST include a dried produce/herb item made by the 4-H'er. Ex. Granola bar made with dried fruits, dried cranberry cookies, Italian herb bread, lemon thyme cookies. Supporting information must include both the recipe for the dried produce/herb AND the baked food item.

UNIT 3 BOILING WATER CANNING MANUAL - Division 408

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

2. 3 Jar Fruit Exhibit - exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, ex. Applesauce, canned apples, apple pie filling, etc. Entry must be processed in the boiling water bath according to current USDA recommendations.

3. 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.

4. 3 Jar Tomato Exhibit - exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a boiling water bath according to current USDA recommendations.

5. 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.

6. 3 Jar Pickled Exhibit - exhibit 3 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.

7. 1 Jar Jelled Exhibit - exhibit one jar of a jam, jelly, fruit butter, or marmalade. Entry must be processed in the boiling water bath according to current USDA recommendations.

8. 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.



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**UNIT 4 PRESSURE CANNING PROJECT MANUAL-
Division 414**

- 1. 1 Jar Vegetable Or Meat Exhibit** - exhibit one jar of a canned vegetable or meat. Include only vegetables or meats canned in a pressure canner according to current USDA recommendations.
- 2. 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.
- 3. 3 Jar Meat Exhibit** - exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.
- 4. 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 current USDA recommendations.
- 5. 1 Jar Tomato Exhibit** - exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.
- 6. 3 Jar Tomato Exhibit** - exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a pressure canner according to current USDA recommendations.

PREMIUM CODE 6

Prochaska Tax LLC

Linda Sue Placek
RTRP, CFP®
Tax Preparation

1335 Main Ave, Crete, NE 68333
Phone: 402-826-2948
Email: Sue_ptax@yahoo.com

CAKE DECORATING - Division 413

ALL ENTRIES IN CAKE DECORATING ARE COUNTY ONLY

Either cakes or artificial forms may be decorated. Cakes and artificial forms will be judged with no discrimination as to which form was used. This project is not eligible for the State Fair. Do not wrap or cover the decorated cake.

Please place cakes on non-returnable cardboard wrapped in foil or wax paper before decorating for the county fair.

Decorated cakes WILL NOT BE INCLUDED IN THE 4-H COUNCIL FOODS SALES!

ANY DECORATED CAKES NOT PICKED UP BY 4 PM ON SUNDAY, ENTRY RELEASE DAY, WILL BE DISCARDED.

Unit I

- 1. + Decorated gingerbread house** - no purchased kits
- 2. + Decorated cupcakes (3)**
- 3. + One-layer decorated cake (cake or foam base)**
- 4. + Decorated cookies (3)**

PREMIUM CODE 14

Unit II

- 6. + Two Layer Decorated Cake (cake or foam base)**
- 7. + Decorated Shaped Cake (cake base)** - cut up cake to make a unique design. Include a diagram of how it was cut to form the cake.

PREMIUM CODE 5

Unit III

- 9. + Three-Tiered Stacked Cake (cake or foam base)**
- 10. + Three-Tiered Cake (cake or foam base)** - which shows both a stacked and a separate tier. Please use small size.

PREMIUM CODE 4

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SPECIAL FOOD ENTRIES - Division 415

+ COUNTY ONLY EXHIBITS


The following classes are open to any 4-H'er enrolled in a foods project. Only one exhibit per class per member.

1.+ You Put in What? A baked product that will maintain its appearance throughout the fair. Include a recipe that contains a unique or unexpected ingredient and must not be a mix. (i.e., sauerkraut cake, castor oil cookies). Entries will be tasted.

2. + Food Gift-Prepare a food item that you would give to someone as a gift and package it creatively. Entry must consist of a baked food item.

3.+ Food Flop Exhibit - This entry is open to any 4-H member enrolled in a foods project. The purpose of this entry is to document and learn from creating a food entry that totally "failed." Your entry needs to include: Your name, the name of the original project and class name in which you intended to exhibit in on a 1-page story on an 8 1/2" x 11" paper telling about your experience, what you learned from it, and what you would do next time to get a better result. Your story **MUST** be attached to the physical entry - sample of the "food flop" should be according to the original division and class requirements had it not "flopped." Example: If you intend to bring cookies, then you need to bring 4 "flopped" cookies on a plate in a Ziplock bag, the recipe with the recipe source stated on the recipe. See the beginning of the Food section for requirements for the quantity of the original exhibit.

PREMIUM CODE 14



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DAILY SPECIALS



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