

HEALTHY LIFESTYLES

Unlimited entries per class number may be made per exhibitor.

Foods, Nutrition, & Food Preservation

Premium Code: STATIC ITEMS

The purpose of Food & Nutrition exhibits is to encourage 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.

- 1. General-** Members may exhibit only in the project in which they are enrolled (except for Food Flop). Products should be baked the day before entry day. Any 4-H'er enrolled in a Foods & Nutrition Project may enter any project in General Foods-You Put What In It? Bake & Take, Decorated Foods & Miscellaneous Foods.
- 2. Supporting Information-** Each exhibit must include the recipe. Recipe may be handwritten, photocopied, or typed. Place the food on the appropriate size plate or container and put the exhibit in a 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 the 4H'ers name and county.
- 3. Criteria for Judging-** Exhibits will be judged according to score sheets available at your local 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 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.
- 4. Food projects-** should be entered using a disposable pan or plate and covered by a plastic self-sealing bag. The Fair Board or Extension staff is not responsible for lost bread boards, China, glassware, or ANY container.
- 5. Ingredients-** Any ingredient that the 4-H member 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 foods exhibit. Exhibits that include alcohol in the recipe will be disqualified.
- 6. Food Safety-** 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:

1. Egg or cream fillings and cream cheese frostings
2. Any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc.)
3. Melted cheese on top of food exhibit (cheese mixed into baked goods is considered safe and will be accepted)
4. Uncooked Fruit toppings (i.e., fresh fruit tart)

FOOD PRESERVATION

- 1. Processing Methods-** Current USDA processing methods and altitude adjustments must be followed for all food preservation (Local altitude: 1000-2000 ft.) Jams, 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. A spoiled or unsealed container disqualifies entry.
- 2. Jars-** 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, and not have been exhibited at the previous State Fair.
- 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 <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, 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:
 - a) 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)
 - b) USDA Guide to Home Canning
(https://nchfp.uga.edu/publications/publications_usda.html)
 - c) Nebraska Extension's Food Website: <http://food.unl.edu/food->

[preservation](#) or Extension publications from other states.

d) Ball Blue Book (published after 2009).

7. All exhibits must include the **4-H Food Preservation Card** attached to the project as the required supporting information with exhibit:
 - A. Name of product
 - B. Date preserved.
 - C. Method of preservation (pressure canner, water bath canner or dried)
 - D. Type of pack (raw pack or hot pack)
 - E. Altitude (and altitude adjustment if needed)
 - F. Processing time
 - G. Number of pounds of pressure (if pressure canner used)
 - H. Drying method and drying time (for dried food exhibits)
 - I. Recipe and source of recipe (if a publication, include name and date).

Recipes can come from any source but current USDA guidelines for food preservation methods MUST be followed.

4-H HOME FOOD PRESERVATION SERIES

Unit 1 Freezing

Dept E Division 406

Class

- 1 **Baked Item Made with Frozen Produce-** Scoresheet SF155- Any recipe, at least $\frac{3}{4}$ 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-Her. Example: 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

Dept E Division 407

Classes

- 1 **Dried Fruit-** Scoresheet SF154- Exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum $\frac{1}{4}$ cup) in separate self-sealing bags. Use a rubber band or twist tie to keep exhibit together.
- 2 **Fruit Leather-** Scoresheet SF154- 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.
- 3 **Vegetable Leather-** Scoresheet SF154- 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-** Scoresheet SF149- Exhibit 3 different samples of 3 dried vegetables. Place each food ($\frac{1}{4}$ cup of each vegetable) in a

separate self-sealing bag. Use a rubber band or "twisty" to keep the exhibit together.

- 5 **Dried Herbs-** Scoresheet SF149- Exhibit 3 different samples of 3 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 the exhibit together.
- 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.

Unit 3 Boiling Water Canning

Dept E Division 408

Classes

- 1 **1 Jar Fruit Exhibit-** Scoresheet SF150- exhibit one jar of any canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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. Entry must be processed in a boiling water bath according to current USDA recommendations.

Unit 4 Pressure Canning

Dept E Division 414

Classes

- 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.
- 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.
- 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.
- 4 Quick Dinner-** Scoresheet SF151- exhibit a minimum of 3 jars to a maximum of 5 jars plus menu. The meal should include 3 canned foods that can be prepared within an hour. List the complete menu on a 3" X 5" file card and attach it to one of the jars. Entry must be processed according to current USDA recommendations.
- 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.
- 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.