

FOOD (DEPARTMENT E)

Each 4-H/FFA exhibitor may enter up to 3 **different** items in each class.

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.

4-H members may exhibit only in the project in which they are enrolled.

No duplicates. No duplicates also means do not enter the same recipe more than once, including both within a project and from project to project.

All food entries will be entered between 4:30 p.m. and 5:30 p.m. on Tuesday, July 30 and between 8:00 and 9:30 a.m. on Wednesday. Food entries may be picked up after judging is done and superintendents are finished on July 31. A sample of all foods may be exhibited in your club booth with ribbons and tags, or you may exhibit the entire item. It is up to each 4-H'er to get food entries ready for exhibit in booths.

LABELS - For ALL FOOD PRODUCTS - 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 in self-sealing bag (twist tie bag OK for county fair). 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.

Additional information including recipes and supplemental information should be identified with 4-H'ers name and county.

Please put your name on the bottom of your plate for foods projects.

Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered one ribbon placing. **Commercially prepared mixes are allowed in Cooking 201 Creative Mix Class ONLY.** 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.

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 in the recipe will be disqualified. This includes menu and recipe file exhibits.

EXHIBITS ARE ON DISPLAY FOR SEVERAL DAYS. Please limit exhibits to products which hold up well. Please think

FOOD SAFETY! Items that require refrigeration will not be accepted, judged, or displayed. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes on yeast products before baking are allowed. Glazes, frostings, and other sugar-based toppings are considered safe due to the 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. All fruit fillings must be cooked. Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. fresh fruit tart). All fruit must be cooked. Egg or Cream cheese fillings and/or frostings are not allowed. Meat, dried meat, meat substitute pieces (bacon bits, pepperoni, etc.), or melted cheese toppings are not allowed in food exhibits. Cheese mixed into baked goods is considered safe and will be accepted. They may result in an unsafe food product by the time the item is judged due to unpredictable heat/and or weather conditions and will be disqualified.

All food products and food preservation entries require recipe cards. Please see information at beginning of foods section. "Attach card" refers to recipe card. See further information at top of some projects.

STATE FAIR ONLY: Enter food projects in disposable materials, i.e., paper plate and plastic self-sealing bag. The State Fair Board is not responsible for lost bread boards, china, or glassware.

Purple \$2

Blue \$1.50

Red \$1

Items with an asterisk * are eligible for State Fair.

FOOD FLOP - DIVISION 420

Class:

901. Food Flop. Enter 3/4 of a cake or loaf, or 4 of an item on a plate. Include recipe and write on a card what you think went wrong with the entry that caused it to flop. Entry will be judged on 4-H'ers understanding of what went wrong, not on the quality on the food.

GENERAL FOODS & NUTRITION - DIVISION 350

Class:

1. *FOOD SCIENCE EXPLORATIONS - Show the connection between food and science as it relates to food preparation, food safety, or food preservation, 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.

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 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" x 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.

3. *PHYSICAL ACTIVITY AND HEALTH POSTER, SCRAPBOOK OR PHOTO DISPLAY – The project should involve a physical activity or explore a career-related to physical activity or health (personal trainer, sports coach, physical therapist, etc.) This might contain pictures, captions, and/or 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.

4. * COOKING BASICS 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 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.

COOKING 101 - DIVISION 401

Each entry must be made from a different recipe.

No State Fair

Class:

Attach an index card with the recipe for all exhibits.

901. Cookies (any recipe) - 4 on a paper plate. (Attach card) If entering more than one plate of cookies, 4-H'er should try several different kinds. Example - do not enter all drop cookies. Possibilities are:

- Shaped or molded cookies, dough is shaped by hand into balls or other shapes, it can be flattened if the recipe says, with a fork, the bottom of a glass, or other item. Also includes cookie press cookies.
- Bar cookies - Batter is poured into a pan, baked, and cut into squares.
- Drop cookies - Batter is dropped from a spoon onto a baking sheet.
- Refrigerator cookies - Dough is shaped into a roll, chilled, then sliced with a knife and baked.
- Rolled cookies - Cookie dough is rolled out with a rolling pin, cut with cookie cutters, and baked. May include decorations, consider low sugar content for decorations. May include boy and girl shaped cookies.
- Filled cookies - May be cookies which are rolled out, spread with a filling, rolled into a pinwheel, and sliced. Also includes cookies which are cut with a cookie cutter, a filling is added to one layer, and another layer is put on top. Fillings include fruit, nuts, etc.

902. Muffins (any recipe) - 4 on a paper plate. (Attach card) Possibilities are - plain muffins, fruit muffins, cornmeal muffins, snickerdoodle muffins, or oatmeal muffins.

903. No Bake Cookies (any recipe) 4 on a paper plate (Attach card)

904. Cereal Bar Cookies (any cereal-based recipe made in a pan and cut into bars or squares for serving.) (Attach card)

905. Granola Bar (any recipe) – 4 on a paper plate (Attach card)

906. Brownies - 4 on a plate. (Attach card)

907. Snack Mix (any recipe) at least 1 cup in self-sealing plastic bag. (Attach Card)

COOKING 201 - DIVISION 410

Each entry must be made from a different recipe.

Class:

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 exhibit, two loaves must be presented for judging.

2. *CREATIVE MIXES - (any recipe, at least $\frac{3}{4}$ of baked product or 4 muffins or cookies on a paper plate or in a disposable pan.) Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. Examples include - poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade bread dough, monkey bread from biscuit dough, streusel coffee cake from a cake mix, etc. **Write what you learned about making this product using a mix instead of a homemade recipe or recipe "from scratch". Does it make it better or easier to use a convenience product or mix? Why or why not? Attach card.**

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. 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.).

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 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 disposable pan. 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 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.

COOKING 301 - DIVISION 411

Each entry must be made from a different recipe.

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 and Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

Class:

1. *WHITE BREAD (any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate. Attach card.
2. *WHOLE WHEAT OR MIXED GRAIN BREAD (any yeast recipe) - At least 3/4 of a standard loaf displayed on a paper plate. Attach card.
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. Attach card.
4. *DINNER ROLLS - (any yeast recipe) 4 rolls on a paper plate. May be clover leaf, crescent, knot, bun, bread sticks, or any other type of dinner roll. Attach card.
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 – 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).

COOKING 401 - DIVISION 412

Each entry must be made from a different recipe.

Any bread item prepared or baked using a bread machine should be entered under the Cooking 201. All exhibits made in the Cooking 301 and Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

Class:

1. *DOUBLE CRUST FRUIT PIE - 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. Attach card.
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.) Attach card.
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. Attach card.
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. Attach card.
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). Attach card.
6. *SPECIALTY PASTRY (any recipe) - (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, 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. Attach card.

FOOD PRESERVATION

PROCESSING METHODS - Current USDA processing methods and altitude adjustments must be followed for all food preservation. 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. Spoiled or unsealed container disqualifies entry.

JARS AND LIDS - Jars do not 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.

CURRENT PROJECT – Exhibits must have been preserved since the member's previous year's County Fair, and not have been exhibited at the previous State Fair.

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 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.

LABELING - Jars should be labeled with the name of the food item, name of the 4-H'er, county, and date of processing on the bottom of each jar. Exhibits containing multiple jars such as a "3 jar exhibit" should be placed in a container to keep jars together. Each bag containing dried foods should also be labeled with the name of the food item, the name of the 4-H'er, county and drying date. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep exhibit containing the 3 self-sealing bags together.

RECIPE/SUPPORTING INFORMATION - Recipe must be included, and may be handwritten, photocopied, or typed. Commercially prepared seasoning mixes are not allowed. Current USDA guidelines for food preservation methods MUST be followed. Suggested sources of recipes include:

4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)

USDA Guide to Home Canning, 2015 revision (https://nchfp.uga.edu/publications/publications_usda.html)

Nebraska Extension's Food Website: <http://food.unl.edu/web/preservation/home> or Extensions publications from other states

Ball Blue Book (published after 2009)

All canned foods must include the 4-H Food Preservation Card 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 or 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) Each entry must be made from a different recipe.

UNIT 1 FREEZING – DIVISION 406

Class:

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 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.

UNIT 2 DRYING – DIVISION 407

Class:

1. *DRIED FRUIT - Exhibit 3 different examples of 3 dried fruit. Place each dried fruit food (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. Attach dried food label.
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 exhibit together. Attach dried food label.
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 dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a "twisty" to keep exhibit together. Attach dried food label.
5. *DRIED HERBS - 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 "twisty" to keep exhibit together. Attach dried food label.
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 – DIVISION 408

Class:

1. *1 JAR FRUIT EXHIBIT - One jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations. Attach Food Preservation Label.
2. *3 JAR 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. Attach Food Preservation Label.
3. *1 JAR TOMATO EXHIBIT - One jar of a canned tomato product. Entry must be processed in a boiling water bath or pressure canner according to current USDA recommendations. Attach Food Preservation label.
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 or pressure canner according to current USDA recommendations. Attach Food Preservation Labels.
5. *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. Attach Food Preservation Label.
6. *3 JAR EXHIBIT - Three 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. Attach Food Preservation Labels.

7. *1 JAR JELLED 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. Attach Food Preservation Label.

8. *3 JAR JELLED EXHIBIT - Three 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. Attach Food Preservation Label.

UNIT 4 PRESSURE CANNING – DIVISION 414

Class:

1. *1 JAR VEGETABLE OR MEAT EXHIBIT - One jar of a canned vegetable or meat. Include only vegetables and meat canned in a pressure canner according to current USDA recommendations. Attach Food Preservation Label.

2. *3 JAR VEGETABLE EXHIBIT - Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations. Attach Food Preservation Labels.

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. Attach Food Preservation Labels.

4. *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. Attach Food Preservation Labels.

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. Attach Food Preservation Label.

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. Attach Food Preservation Label.

CAKE DECORATING - DIVISION 451

No State Fair

4-H'er may choose to use butter cream icing instead of royal - easier to use but colors may run. Each entry must be different.

Class:

920. Special Occasion Cupcakes - 4 cupcakes on a paper plate. Cupcakes enhanced with unusual flavors, fillings and tastes. Be unique. Scored on taste and presentation.

921. Decorated Cupcake Challenge - 12 cupcake limit. Exhibit a decorated creation, use your imagination. Needs to be able to be transported. Will be scored on presentation only.

Cake Decorating Unit I

Class:

901. Sample of 4 borders in royal icing on 8"x11" cardboard

902. Three decorated cookies. Decorate using 2 decorating tips.

903. Three decorated cupcakes. Use 2 decorating tips.

904. Piped figures. Exhibit 4 alike on a foil covered cardboard.

905. Cookie house made from graham crackers or other cookies, using 2 decorating tips.

906. Candy - 4-H'er may exhibit 3 or more pieces of candy per exhibit. May be molded mints, decorated mints, or "painted" candy using melt able candy pieces and molds.

907. One or two layer decorated cake using no tips. Cake form may be used.

908. One- or two-layer cake covered with fondant. Cake form may be used.

Cake Decorating Unit II

Class:

910. One-layer decorated cake showing the use of up to 3 tips. Specify on a 3"x5" card what occasion you have made your cake for. Royal icing recommended. Sugar molding may be used in addition to the 3 tips. Cake form may be used.

911. Three decorated cupcakes. Use 3 decorating tips.

912. Piped figures. Exhibit 4 alike on a foil covered cardboard.

913. Two layer decorated cake showing the use of up to 3 tips. (Royal icing recommended) Same requirements as for 1 layer cake.

914. Sugar molds - decorate your sugar shape with royal icing, ruffles, bows, crop flowers, or other colorful tips. Or paint them with thinned royal icing.

915. Gingerbread house. Use homemade cookie dough cut into shapes needed to complete house, baked. Cookie recipe need not be gingerbread type; sugar cookie recipe acceptable. Decorate using any skills learned in project, and using any number of decorating tips or accessories needed to complete house.

917. Candies. Homemade, 4 or more pieces on a paper plate. Includes fudge, divinity, peneuche, and other homemade candies.

918. Roses made on a nail. Exhibit 4 on a paper plate.