

# Foods, Nutrition & Food Preservation

## General Guidelines

- A. GENERAL-Members may exhibit only in the project in which enrolled. Baked products entered in county fair cannot be entered at State Fair. Products should be baked the day before entry day.
- B. ENTRIES PER INDIVIDUAL - One entry per exhibitor per class.
- C. SUPPORTING INFORMATION - 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. Put exhibit in a self-sealing bag. Attach entry tag and recipe at the corner of the bag on the outside. FOR NON-FOOD ENTRIES-Please attach the entry tag to the upper right hand corner of the entry. All additional information including recipes and supplemental information must be labeled with exhibitor's name and county.
- D. CRITERIA FOR JUDGING-Exhibits will be judged according to score sheets available at your local extension office or at <http://4h.unl.edu/fairbook> . 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, or other pre-made mixes entered in other categories will be lowered a ribbon placing.
- E. ENTER FOOD PROJECTS in disposable materials, i.e., paper plate and plastic self-sealing bag. Extension Staff is not responsible for lost bread boards, china or glassware.
- F. INGREDIENTS – 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 FOOD SAFETY! Items that require refrigeration will not be accepted, judged or displayed as exhibits must be safe to eat when entered, whether they are tasted or not. The following food ingredients are considered unsafe for fair exhibits and will be disqualified: Cream cheese fillings and cream cheese frostings; any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc.); melted cheese toppings, and uncooked fruit toppings (i.e., fresh fruit tart). These food items may result in an unsafe food product by the time the item is judged due to unpredictable heat and/or weather conditions.

**Glazes, frostings and other sugar based toppings are considered safe due to their high sugar content. Egg glazes on yeast breads and pie crust BEFORE baking are acceptable. Eggs incorporated into baked goods and crust are considered safe. The following food ingredients are considered unsafe for fair exhibits and will be disqualified:**

- **Egg or cream cheese fillings and cream cheese frostings.**
- **Any meat item including meat jerky, imitation meat bit (bacon, pepperoni, etc)**
- **Melted cheese on top of food exhibit (cheese mixed into baked goods in considered safe and will be accepted)**
- **Uncooked fruit toppings (i.e. fresh fruit tart)**

## ***Division 350- General***

### **CLASS**

**E350001 - Food Science Explorations** - Open to any 4-H'er enrolled in a Foods and Nutrition project. Show the connection between food and science as it relates to food preparation, food safety, 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.

- E350002 – Foods, and Nutrition Poster, Scrapbook or Photo Display** – Open to any 4-H'er enrolled in a Foods and Nutrition Project, involving 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 noted pages, if needed, and displayed in binder, and exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.
- E350003 – Physical Activity and Health Poster, Scrapbook or Photo Display** – Open to any 4-H'er enrolled in a Foods and Nutrition project, involving 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 concepts. 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, and exhibit display, a written report in portfolio or notebook, Consider neatness and creativity.
- E350004 – 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, ect.) will be disqualified.

### **Division 401- Cooking 101 – No purchased mixes allowed**

\* County Project Only – not eligible for State Fair Competition.

CLASS

- E401901 – Cookies** (any recipe, 4 on a paper plate)
- E401902 – Muffins** (any recipe, 4 on a paper plate)
- E401903 – No Bake Cookies** (any recipe, 4 on a paper plate)
- E401904 – Cereal Bar Cookie** (any cereal based recipe made in pan and cut into bars or squares for serving, 4 on a plate)
- E401905 – Granola Bar** (any recipe, 4 on a paper plate)
- E401906 – Brownies** (any recipe, 4 on a paper plate)
- E401907 – Snack Mix** (any recipe, at least 1 cup in self-sealing plastic bag)

### **Division 410 – Cooking 201 –**

CLASS

- E410001 – 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.
- E410002 – Creative Mixes** – any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate or a disposable pan. Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. Examples include poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade bread dough, monkey breads from biscuit dough, streusel coffee cake from a cake mix, etc. Write what you learned about making this product using a mix instead of a homemade recipe or recipe "from scratch". Does it make it better or easier to use a convenience product or mix? Why or why not?
- E410003 – Biscuits or Scones** – four biscuits or scones on a small paper plate. This may be any type of biscuit or scone; rolled, dropped. Any recipe may be used, but it must be a non-yeast product baked from scratch.
- E410004 – 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. Recipe must contain a fruit or vegetable as part of the ingredients (Ex. Banana bars, cantaloupe quick bread, zucchini muffins, etc.)

- E410005 – 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.
- E410006 – Baking with Whole Grains** – and recipe, at least  $\frac{3}{4}$  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.)
- E410007 – Non-Traditional Baked Product** - exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in a convection oven, baked item made in microwave, etc.) Entry must be at least  $\frac{3}{4}$  baked product or 4 muffins/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.

### **Division 411 – Cooking 301**

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

CLASS

- E411001 – White Bread** – any yeast recipe, at least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.
- E411002 – Whole Wheat or Mixed Grain Bread** – any yeast recipe, at least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.
- E411003 – 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.
- E411004 – 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.
- E411005 – Specialty Bread** – any yeast recipe, includes tea rings, braids, or any other full –sized specialty bread products. Must exhibit at least  $\frac{3}{4}$  of a full sized baked product.
- E411006 – Shortened Cake** – NOT FROM A CAKE MIX! At least  $\frac{3}{4}$  of the cake. Shortened cakes use fat for flavor and texture and recipes usually begin by beating fat with sugar by creaming, and include leavening agents in the recipe. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).

### **Division 412 – Cooking 401**

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.

CLASS

- E412001 – Double Crust Fruit Pie** – made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crust. May be a double crust, crumb, cut-out or lattice topping. Using an 8 or 9 inch disposable pie pan is recommended.
- E412002 – Family Food Traditions** – 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. 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.
- E412003 – Ethnic Food Exhibit** – any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. 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.
- E412004 - Candy** – any recipe, 4 pieces of candy on a paper plate or  $\frac{1}{2}$  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.

**E412005 – 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, 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).

**E412006 – Specialty Pastry** – any recipe, at least ¾ 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.

**Division 900- Cakes, Cakes & More Cakes** – cakes should be displayed on a sturdy board or plate or tray so they won't break. Cakes can be entered with or without frosting. Cakes will be judged as a whole product with or without frosting. **May not use purchased frosting.** Recipes **must** be included. **No fresh fruit, cream cheese or whipped topping may be used as frosting.**

CLASS

**E900901** - **Recipe Card File** – Include at least 12 recipes

**E900902** - **Butter or Shortening Cake**

**E900903** - **Fruit Cake**

**E900904** - **Angel Food Cake**

**E900905** - **Chiffon Cake**

**E900906** - **Sponge Cake**

**E900907** - **Mixes Plus Cake**

**E900908** - **Special Cake**

**E900909** - **Weird Cake**

**E900910** - **Frosted Cake** – This exhibit will be judged on the frosting – the taste, texture and whether it adds to the flavor of the cake.

**E900911** - **Original Recipe Cake** – Be a pastry chef and create a new cake.

**E900912** - **Cupcakes** – Four Cupcakes – May use cupcake liners, ice cream cones, etc.

**E900913** - **Educational Exhibit** – This is an exhibit, which shows something learned in the project. It could be a comparison between a mix cake and a “scratch” cake, or maybe a study of the different types of frostings, or perhaps a comparison of a simple cake and all the ways it can be changed by adding ingredients or changing ingredients. Use your imagination and be creative. This exhibit may be in any form and any size.

**Division 902 - Cake Decorating** - Limit of 2 cakes per class per exhibitor. **Only homemade frosting & fondant is allowed in these classes.** For display boards, use an appropriate sized and shaped board for the cake.

CLASS

**E902901** - **Display Board** – Showcase your cake decorating skills on a board.

**E902902** - **Bake and Decorate a one-layer cake**

**E902903** - **Bake and Decorate a Character Cake** – Use decorating tips appropriate for the design selected.

**E902904** - **Bake and Decorate a Two or More Layer Cake** – Use a least 3 different types of tips in decorating. You must use the writing, star and leaf tips.

**E902905** - **Bake and Decorate a Cut-Up Cake**

**E902906** - **Bake and Decorate using tiers of graduated sizes** – Each tier should be a two-layer cake or a form that is 2” tall for each layer. Supports, separator plates and pillars may be used. Techniques learned in previous units must be used to decorate the cake. Artificial stamens for flowers, leaves, wire stems, floral tape, special occasion ornaments, tulle and filler flowers may be used.

**E902907** - **Gingerbread House** – Showcase your skills on a gingerbread house.

**E902908** - **Decorated Cupcakes** – MUST display at least 4 decorated cupcakes.

**E902909** - **Decorated Cookies (must display 4 decorated cookies on a plate)**

# Food Preservation

## **Division 407 – Food Preservation**

### **Rules –**

- A. PROCESSING METHODS - Current USDA processing methods and elevation 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.
- B. 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.
- C. CURRENT PROJECT- All canning must be the result of this year's 4-H project
- D. CRITERIA FOR JUDGING-Exhibits will be judged according to score sheets available at your local Extension office or at <https://4h.unl.edu/fairbook/general/scoresheets-forms> . Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to elevation in the county will be lowered one class ribbon. Check with your local extension office for your county's elevation and how that affects food processing times and pounds of pressure.
- E. RECIPE /SUPPORTING INFORMATION - Recipe must be included, may be handwritten, photocopied or typed. Commercially prepared 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 version  
[https://nchfp.uga.edu/publications/publications\\_usda.html](https://nchfp.uga.edu/publications/publications_usda.html)
  - Nebraska Extension's Food Website: <http://food.unl.edu/web/preservation/home> or Extension publications from other states
  - Ball Blue Book (published after 2009) or online:  
<https://www.freshpreserving.com/recipes>
- F. **Jars MUST be labeled with name of 4-H'er, county, name of product and date of processing.**

***All exhibits must include the 4-H Food Preservation Card (available at [www.sw3.unl.edu](http://www.sw3.unl.edu) ) attached to the project as the required supporting information or included following information with exhibit:***

1. Name of Product
2. Date preserved
3. Method of preservation (pressure canner or water bath canner)
4. Type of pack (raw pack or hot pack)
5. Elevation (and elevation 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).

## CLASS

### Unit 1- Freezing

**E407001 – Baked Item Made with Frozen Produce** – any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/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 the project and the baked food item.

#### Unit 2 – Drying

- E407002 – Dried Fruit** - Exhibit 3 different examples of dried fruit. 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.
- E407003 – 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.
- E407004 – 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.
- E407005 – Dried Vegetables** - Exhibit 3 different samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self-sealing bag. Use a "twisty" to keep exhibit together.
- E407006 – Dried Herbs** - Exhibit 3 different samples of dried herbs. Place each food (1/4 cup of each herb) in a separate self-sealing bag. Use a "twisty" to keep exhibit together.
- E407007 – Baked Item Made with Dried Produce/Herbs** - any recipe, at least ¾ 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. Example: 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

- E407008 – 1 Jar Fruit Exhibit** - One jar of a canned fruit. Entry must be processed in a boiling water bath according to current USDA recommendations.
- E407009 – 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.
- E407010 – 1 Jar Tomato Exhibit** - One jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.
- E407011 – 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.
- E407012 – 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.
- E407013 – 3 Jar Pickled Exhibit** - Three 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.
- E407014 – 1 Jar Jelled** - One jar of a jam, jelly, or marmalade. Entry must be processed in a boiling water bath according to current USDA recommendations.
- E407015 – 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.

#### Unit 4 – Pressure Canning

- E407016 – 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.
- E407017 – 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.
- E407018 – 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.
- E407019 – 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.

**E407020 – 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.

**E407021 – 3 Jar Tomato Exhibit** – exhibit 3 jars of different canned tomato products (salsas, sauces without meats, juice, stewed, etc.) Entry must be processed in a pressure canner according to current USDA recommendations.