

DEPARTMENT 25

Foods and Nutrition

Food Preservation

*Superintendents: Foods & Nutrition-Nancy Thompson 920-478-3724;
Food Preservation-Lynn Ireland 920-925-3773*

Class G is OPEN TO ALL YOUTH EXHIBITORS. Classes A, B, C, D, and H are open to exhibitors enrolled in the Foods and Nutrition or Food Preservation project or in another youth group doing equivalent work.

Judging Day: **PRE-FAIR** Monday of Fair Week for Classes A-D and H.
The judging schedule for Classes A, B, C, D, and H will be emailed to all exhibitors.

Class G Favorite Foods Revue – Date to be announced

Judging Location: Classes A-D & H – Dodge County Fairgrounds Youth Building
Class G – Dodge County Administration Building

GENERAL GUIDELINES

- 1. EXHIBITORS CAN ENTER IN ONLY ONE CLASS/PROJECT LEVEL.** 4-H members enter in the class/project level they are enrolled in. Other exhibitors enter in one class/project level equivalent to level of work they are learning. Entries in any other class/project level will **not** be accepted.
- 2. Exhibitors must be present for judging.** Any conflicts need to be addressed on an individual basis with one of the superintendents.
- 3. Exhibitors must have entry tags with them on Judging Day to receive a premium.** Entries without tags will only receive participation ribbons.
- 4. All entries must be prepared solely by the exhibitor using NO commercial mixes or doughs.**
- 5. All food entries must include the recipe or the premium will be lowered one placing. Premiums may also be lowered one placing for an inappropriate serving size or number of items.**
- 6. Exhibitors are NOT to bring electrical appliances to use on judging day.** Microwaves will be available.
7. Exhibitors must furnish plates/serving dishes as needed or appropriate, but place settings, placemats, napkins, etc. are not to be used with fair entries.
8. Presentation is one aspect of the judging criteria. Creativity is very much encouraged. Garnishes when appropriate can enhance entries.
- 9. Except for those entries that are deemed highly perishable, ALL OTHER judged ENTRIES will be RETAINED and DISPLAYED during the fair.**

CLASS A – Foods & Nutrition 1

Open to youth in Foods & Nutrition 1 project level or in other youth group doing equivalent work

1. Oatmeal Muffins – plate of 3
2. Cornbread – 4-inch corner square
3. Drop Biscuits – plate of 3
4. Baking Powder Coffee Cake – 4-inch corner square
5. Granola Bars – plate of 3
6. Unfrosted Brownies – plate of 3
7. Drop Cookies (plate of 3)
8. No Bake Cookies or Bars (plate of 3) – must contain at least four ingredients in addition to seasonings
9. Sandwich or Sandwich Wrap – 1 serving
10. Fresh Salsa – 1 cup
11. Packed school lunch meeting nutrition and safety standards
12. Poster (14"x22") on Nutrition or Kitchen Safety
13. Recipe box with category dividers including at least 20 favorite recipes that the exhibitor has made

Premium - Conference Judging \$2.00 \$1.75 \$1.50 \$1.25

CLASS B – FOODS & NUTRITION 2

Open to youth in Foods & Nutrition 2 project level or in other youth group doing equivalent work

1. Muffins (other than oatmeal) – plate of 3
2. Homemade Yogurt – 1 cup
3. Rolled Baking Powder Biscuits – plate of 3
4. Scones – plate of 3
5. One Loaf (9"x5"x3") Quick Bread (not made in a bread machine)
6. Breakfast Burrito – 1 serving
7. Assorted vegetables or fruits (at least three different ones) around a container of homemade dip
8. Meatloaf – 1 serving
9. Main Dish Prepared in a Microwave – 1 serving
10. Vegetable or Cream Soup – 1 serving
11. Banana Snack Cake – 4-inch corner square
12. Snickerdoodle Cookies – plate of 3
13. Dairy Salad (must include at least two (2) dairy products) – 1 serving
14. Poster (14"x22") on Food Safety or Food Labeling
15. Recipe box with category dividers containing at least 30 favorite recipes (including at least some breads, salads, **AND** cookies or bars) which exhibitor has made

Premium - Conference Judging \$2.50 \$2.25 \$2.00 \$1.75

CLASS C – FOODS & NUTRITION 3

Open to youth in Foods & Nutrition 3 project level or in other youth group doing equivalent work

1. One Loaf (9"x5") White or Wheat Bread (not made in a bread machine)
2. One Loaf Bread Made in a Bread Machine
3. Yeast Cloverleaf or Crescent Rolls – plate of 3
4. Soft Yeast Pretzels – plate of 3
5. Frosted Yeast Cinnamon Rolls – plate of 3
6. Breakfast Cookies – plate of 3
7. Chocolate or White Cake (unfrosted) – 4-inch corner square
8. Rolled Cookies (unfrosted) – plate of 3
9. Vegetable Salad – 1 serving
10. Slow Cooker Soup – 1 serving
11. Slow Cooker Main Dish – 1 serving
12. Chef's Choice Appetizer – plate of 3 individual, identical appetizers
13. Dairy Main Dish (must include at least three (3) dairy products) – 1 serving
14. Edible Centerpiece
15. Poster on Outdoor Grilling or a Food Science Experiment
16. Recipe box with category dividers containing at least 40 favorite recipes (including at least some appetizers, breads, main dishes, **AND** desserts) which exhibitor has made

Premium - Conference Judging \$2.50 \$2.25 \$2.00 \$1.75

CLASS D – FOODS & NUTRITION 4

Open to youth in Foods & Nutrition 4 project level or in other youth group doing equivalent work

1. Pita Bread – plate of 2
2. English Muffins – plate of 3
3. One (1) Loaf Specialty Bread (ie. Focaccia, Dark Rye, French, etc.) not made in a bread machine; **no quick bread**
4. Baked Custard or Crème Brûlée – 1 serving
5. Double-Crusted Fruit Pie (no commercial pie filling) – 1 serving
6. Baked Single-Crust Pastry Shell – 7, 8, or 9 inch size
7. Chiffon or Sponge Cake – 3-inch slice

8. Cutout Cookies Frosted with Homemade Frosting – plate of 3
9. Specialty Dessert (ie. cheesecake, torte, trifle, etc. – no cookies, bars, cakes, or candy) – 1 serving
10. Cooked Chocolate Fudge – plate of 3 pieces
11. Any Other Cooked Candy (ie. caramels, seafoam, peanut brittle, toffee) – plate of 3
12. Gluten Free Baked Food Item – 1 serving
13. Quiche – 1 serving
14. Beef, Pork, Lamb, or Poultry Entrée – 1 serving
15. Vegetarian Entrée – 1 serving
16. International/Ethnic Food – 1 serving
17. Dairy Dessert (must include at least three (3) dairy products) – 1 serving
18. Edible Centerpiece
19. Poster on a Food Science Experiment or Food Careers
20. Recipe box with category dividers containing at least 50 favorite recipes (including some breads, salads, side dishes, main dishes, **AND** desserts) which exhibitor has prepared

Premium - Conference Judging \$3.00 \$2.75 \$2.50 \$2.25

CLASS G – FAVORITE FOODS REVUE

Open to ALL YOUTH EXHIBITORS including Cloverbud & Explorers.

Exhibitors do not have to be enrolled in the Foods & Nutrition project to participate.

Entries do not count toward the county fair's 20 possible total entries.

General Guidelines

1. Date, location, and other details regarding the event will be announced in the 4-H Newsletter.
2. Entries must be prepared solely by exhibitor using no commercial mixes or doughs.
3. Entries will be conference judged.
4. Grade as of January 1 of current year

CLOVERBUDS (Entry must be one prepared snack, along with the recipe for such.)

1. Healthy Snack

Participants will receive only participation ribbons – ***no premium.***

EXPLORERS (Entry must be one prepared breakfast item or lunch sandwich/wrap.)

Entry must include:

- Single serving of one (1) breakfast item or lunch sandwich/wrap
- Placemat and needed table service for the prepared food

2. Breakfast Item or Lunch Sandwich/Wrap

Premium: \$1.75 \$1.50 \$1.25 \$1.00

GRADES 4-8 EXHIBITORS – no limit on the number of entries

Each entry must include:

- Meal menu
- SINGLE-SERVING SIZE of ONE food from that menu, along with the recipe for that food
- Tablecloth or placemat and appropriate table service for the entire meal
- Centerpiece corresponding with the meal theme

3. Rise 'n' Shine Healthy Breakfast
4. Children's Birthday Party
5. Favorite Holiday Meal
6. It's Picnic Time!

Premium: \$3.00 \$2.75 \$2.50 \$2.25

GRADES 9 & OLDER – no limit on the number of entries

Each entry must include:

- Meal menu
 - **SINGLE-SERVING SIZE** of **TWO** foods from the menu (**one must be the Main Dish**), along with the recipes for those two foods
 - Tablecloth or placemat and appropriate table service for the entire menu
 - Centerpiece corresponding with the meal theme
7. It's Time To Celebrate (baby or wedding shower, anniversary or graduation party, etc.)
 8. Happy Easter brunch
 9. Tailgate Fun
 10. Let's Travel (International Dinner)
 11. Leftovers Delight (main dish must be made using leftovers from another main dish)

Premium: \$3.00 \$2.75 \$2.50 \$2.25

CLASS H – FOOD PRESERVATION

- Open to youth enrolled in Food Preservation project or other youth group doing equivalent work
- Entries are judged Conference Style on Monday of Fair Week.*
- Exhibitors MUST be present. Conflicts handled on individual basis.**
- Conference judging schedule will be in the August 4-H newsletter.**
- Grade as of January 1 of current year.
- No limit to the number of entries.
- ALL** canning entries including jams, jellies and pickles must be processed in a hot water bath or pressure canner according to the *Wisconsin Safe Food Preservation Series* found at: <https://learningstore.extension.wisc.edu> .
- Guidelines in the *Wisconsin Safe Food Preservation Series* will be used for all food preservation exhibits.
- For each **CANNING** (including jams/jellies) entry, bring a card with recipe. Recipe from Extension Food Preservation Bulletin, list bulletin name, page # and recipe title. Any other recipe written in entirety with source included.
- Jars must be standard pint or quart size canning jars, except for jam or jellies which must be in standard half-pint or pint jars, with self-sealing lids (no paraffin). Jars should be clear in color.
- Provide processing information on a 3 x 5 card for each food preservation entry. Here are examples of the required information.**

Item _____
Date Preserved _____
Hot Pack _____ or Cold Pack _____
Hot Water Bath _____ Time: _____
Total Jars Canned by Exhibitor _____

or

Item _____
Date Preserved _____
Hot Pack _____ or Cold Pack _____
Pressure Canner _____ #Pressure _____
Total Jars Canned by Exhibitor _____

- Attach fair tags to each canned and dehydrated item. Bring along tags for frozen items.
- Hot jars will not be accepted. Jars should be clean, not sticky.
- Jar rings must be removed before being brought in for judging.
- The right is reserved to open and taste any entry.
- Any signs of spoilage will disqualify the entry.*
- Exhibits must be fresh products preserved since last year's fair.
- Each CANNING entry MUST have two jars.** After judging, one jar will be taken home.
- Each FROZEN entry MUST be two packages (at least one PINT in EACH package)**
- Each DEHYDRATED entry MUST be one (1) container at least one-half pint in size.**

FOOD PRESERVATION-Frozen
Item _____
Date Preserved _____
Blanching Time _____ Pre-Treat _____
Total Pkgs. Frozen by Exhibitor _____

FOOD PRESERVATION-Dehydrated
Item _____
Date Preserved _____
Drying Time _____ Pre-Treated _____
Total Amt Dehydrated by Exhibitor _____

Grades 3-8

FROZEN:

1. Peas
2. Green or Yellow Beans
3. Any Other Vegetable
4. Strawberries, whole or sliced
5. Any Other Fruit

JAMS & JELLIES (*Product must be canned - No freezer jam or jelly*):

6. Strawberry Jam
7. Any Other Variety Jam
8. Grape Jelly
9. Any Other Variety Jelly

CANNED:

10. Tomatoes, whole or quartered
11. Tomato Juice
12. Cherries, pitted
13. Applesauce
14. Peaches or Pears, halved or sliced
15. Any Other Fruit

PICKLED (product must be canned):

16. Dill pickles
17. Salsa
18. Any other pickled item

DEHYDRATED:

19. Fruit
20. Vegetable
21. Fruit Leather
22. Meat Jerky
23. Herbs

Premium - Conference Judging \$2.00 \$1.75 \$1.50 \$1.25

Grade 9 & Up

FROZEN:

24. Peas
25. Green or Yellow Beans
26. Any Other Vegetable or Vegetable Combo
27. Strawberries, whole or sliced
28. Any Other Fruit or Fruit Combo

JAMS & JELLIES (*Product must be canned - No freezer jam or jelly*):

29. Strawberry Jam
30. Any Combo Jam using 2 or more fruits
31. Any Other Variety Jam
32. Grape Jelly
33. Any Other Variety Jelly

CANNED:

34. Tomatoes, whole or quartered
35. Tomato Juice
36. Tomato Sauce/Pizza or Spaghetti Sauce
37. Stewed Tomatoes
38. Cherries, pitted
39. Applesauce
40. Peaches or Pears, halved or sliced

- 41. Any Other Fruit or Fruit Combo
- 42. Carrots
- 43. Green or Yellow Wax Beans
- 44. Sweet Corn-Whole Kernel
- 45. Any other Vegetable or Vegetable Combo
- PICKLED (Product must be canned):
- 46. Sweet Pickles
- 47. Dill Pickles
- 48. Bread and Butter Pickles
- 49. Pickled Beans
- 50. Any Pickled Combo using 2 or more vegetables
- 51. Salsa
- 52. Any Other Pickled Item
- DEHYDRATED:
- 53. Fruit
- 54. Vegetable
- 55. Fruit Leathers
- 56. Meat Jerky
- 57. Herbs

Premium - Conference Judging \$3.00 \$2.75 \$2.50 \$2.25