

FOOD & NUTRITION

Superintendent: Chris Basile

FOOD AND NUTRITION RULES

Special Note: The more experienced 4-H'er is encouraged to exhibit a more difficult recipe, not the same one year after year. State Fair selection will consider age and experience of the exhibitor, and choose entries that demonstrate mastery of new skills. Keep in mind that fewer ingredients generally mean a simpler recipe. Recipe cards should include ingredients, recipe process, recipe source & yield. Nutritional information should also be included on each card. Examples include oranges as a source of vitamin C or blue berries are high in antioxidants.

No Commercially Prepared Products Are Acceptable.

This includes baking mixes, pie fillings, frostings, candies, or decorations.

An exhibit must be made from scratch.

Commercially prepared items including empty containers with branding are not acceptable

Take Home Option: for large baked good entries such as loafs, cakes and pies, members will have the option to take home the leftover item after evaluation rather than leave it to be on display during fair. An additional slice will be taken to be used to represent the exhibit for display purposes.

Remember these important tips to ensure the best outcomes on your exhibit:

- a) Cool all baking before packing.
- b) Remove all exhibits from baking pans except pies. Pies can be made in glass or metal pans 8"-9" in diameter. Pie crusts are to be entered in disposable pie pan sizes 8"-9" in diameter.
- c) Do not use paper cups/liners for muffins or cupcakes with the exception of Class 10 Cake Decorating.
- d) A recipe for each baked good or food entry must be submitted on a 3x5 cards or written/printed on paper. Recipes are to include ingredients, recipe process, **source, nutritional information**, and yield. If modifications and/or substitutions have been made this should be included. **Recipes cards will be returned.**
- e) Display decorated, tube or bundt cakes bottom side up; all other cakes topside up.
- f) An exhibit consists of three (3) small items such as cookies, muffins or scones or one (1) large item such as a cake, bread, or pie.
 - Cupcakes and muffins are to be standard size- no jumbo or mini sizes.
 - Cookies should be approximately 1"-3" in diameter according to the recipe.
 - Bread should be standard loaf 8x4 or 9x5.
 - Cakes 8"-9" round or square, 13x9 rectangular, or for bundt and tube 8"-9" diameter.
- g) When frostings, glazes or toppings are used, it must be stated in the recipe. Yeast breads and rolls may be brushed with butter, milk, or egg before or after baking if so stated in recipe.
- h) If a microwave was used, it must be indicated on recipe.
- i) Microwave candy not acceptable.
- j) Display finished products on **sturdy** disposable paper or plastic plates or foil wrapped cardboard.
- k) All items should be brought to the evaluator **covered** with clear wrap or plastic bags.
- l) There are no limits in entries per class or section, but **each entry must be of distinctly different in technique and ingredients.**
For example for cookies one type of drop cookies such as chocolate chip, one molded cookie such as spritz.
- m) The recipe **may not** include alcohol (this does not include vanilla which is a standard ingredient in recipes) as one of the ingredients
- n) No bread machine items permitted with the exception of Class 16- Food Technology Exhibit.
- o) **Items that require refrigeration are accepted at the county level but are not eligible for state fair.**

AWARDS

Blue \$2.00 Red \$1.50 White \$1.00

Classes 1 - 4

Recipes & tips are available in the 4-H publication, "Muffins & More"

Class

1. Cookies:

- A. **Drop, Hand Shaped, Pressed, Pan-Baked, Rolled or Refrigerator-** One entry per type such as 1 drop such as chocolate chip, 1 bar such as cranberry nut, 1 rolled such as cutouts. No multiple entries using the same process. Examples include drop such as chocolate chip and oatmeal; hand shaped such as peanut butter or snickerdoodles. (3 uniform)
- B. **Decorated Cookies:** Set of 3 uniform cookies. Decorations need to be made with decorator's frosting that is made by the exhibitor. This includes buttercream, fondant, gum paste, etc. Exhibitor can use decorator tips and tools such as forms and molds. **No commercially prepared or purchased decorations or frosting products allowed.**
- C. **Frosted/Glazed Cookies:** Set of 3 uniform cookies. The recipe **must** call for the final product to be frosted or glazed. The recipe must include the recipe for the cookie and the frosting/glaze. **No commercially prepared products are allowed.**

2. Muffins: Plain, whole wheat, cornbread, bran, apple, or other. No toppings, frostings or glazes. (3 uniform)

3. Biscuits or Scones: Plain, whole grain, flavor, or other shaped (rolled & cut) biscuits or scones. No toppings, frostings or glazes. (3 uniform)

4. **Loaf of Bread:** (not yeast leavened). Banana, blueberry, apple, pumpkin, or other bread baked in a loaf pan. ~~No toppings~~, frostings or glazes.

AWARDS

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Classes 5-29

Class

5. **Yeast Rolls:** Plain, whole grain, flavored, or other yeast rolls of any shape; no fillings, glazes, toppings or frosting. (3 uniform)
6. **Yeast Bread:** Plain, whole grain, flavored, or other, baked in a loaf pan.
7. **Shaped Bread:** An exhibit is any 3 uniform small items (pretzels or bread sticks), or 1 large (animal shaped) hand shaped bread. Plain, whole grain, flavored, or other; no fillings, glazes, toppings or frosting.
8. **Plain Cake:**
- A. Plain Cake (spice, chocolate, butter) baked in a pan approximately 8"-9" (round or square), or 13"x9" rectangle. Unfrosted, unglazed, and no toppings.
 - B. Foam-Type cake (angel food, sponge, chiffon) baked in a tube pan, approximately 8"-10". Unfrosted, unglazed, and no toppings.
9. **Cakes With Nutritious Ingredients:** Cake which is made with vegetable or fruit (no fruit cakes), such as carrot, applesauce, beet, sweet potato, cabbage, etc. Baked in an appropriate size pan, approximately 8-9" round or square or 8-10" tube. In evaluating a nutritious cake, more consideration will be given for nutritious ingredients while recognizing the cake could potentially be heavier and moisture content will vary. Unfrosted, unglazed and no toppings.
10. **Cake Decorating:** Frosted and decorated cake or a set of 3 identical cupcakes for a special occasion such as Birthday, Christmas, Anniversary, or Graduation. Decorations need to be made with decorator's frosting that is made by the exhibitor. This includes buttercream, fondant, gum paste, etc. Exhibitor can use decorator tips and tools such as forms and molds. **No commercially prepared or purchased decorations or frosting products allowed. Use of paper cups for cupcakes are permitted in this class to enhance decorations. All decorations must be edible. Exhibitors can enter one cake and one set of cupcakes in this class.** The decorating must use distinctly different types of decorating techniques. If separator plates and/or reusable plates are used and needed for the finished product please advise the judge so they do not discard. Please make sure that any pieces that need to be returned are labeled with the exhibitor's name and phone number.
- A. Cupcakes- set of 3 identical
 - B. Cakes
11. **Pies:**
- A. **2 Crust Pie**
Fruit pies top crust can be latticed or decorative pastry, no crumb toppings. Ex. Apple, Blueberry, Cherry, etc. Can be entered in glass, metal or disposable pie pans 8"-9" in diameter.
 - B. **Single Crust Pie**
Includes custard, cream, or nut pies. Ex. Chocolate, Key Lime, Pecan, Banana. Can be entered in glass, metal or disposable pie pans 8"-9" in diameter. Can include toppings such as crumble, meringue. **Items that require refrigeration are accepted at the county level but are not eligible for state fair.**
12. **Tarts or turnovers:** 3 items make an exhibit. Ex. Peach tarts, apple turnovers, etc. **Items that require refrigeration are accepted at the county level but are not eligible for state fair.**
13. **Healthy Baked Product:** An exhibit is any baked product that is made with less sugar, fat, oil, or salt, which has been altered using a sugar or fat substitute or gluten free. The recipe must clearly state ingredients and methods used. An explanation of why you made it healthy, made changes to the recipe or used gluten-free ingredients must be included. Cookies, loaf bread, cake, cupcake, coffee cake, muffins, pies or other baked items. Small items such as cookies require 3 identical items or 1 large item.
14. **Grown in New York:** An exhibit is an example of any food product that the majority of the ingredients or main ingredient is grown in New York State. An exhibit is a sample of any baked product that contains a fruit, vegetable, honey or maple syrup grown in New York State and must include: (a) recipe, (b) explanation of ingredient grown in New York, including where it was grown and/or purchased and if it was preserved for later use, and a statement about the nutritional value of the item produced in New York. Source of ingredients can be garden, U-pick or roadside stand, farmers market, or any market if the source can be identified. Cookies, muffins, bread, cake, cupcakes, coffee cake, pie or other baked items. Small items such as cookies require 3 identical items or 1 large item.
15. **Heritage Foods/International Foods:** An exhibit is an example of any food item associated with cultural customs/traditions, family or national populations. Entry must include: a) recipe b) traditions associated with preparation, serving or eating of the item. Baked items such as cookies, muffins, bread, cakes, pies, etc. are considered as baked items and should follow the rules of the class it would fit into for this section. Items such as pickles, relishes, preserves, etc. should follow the rules for Section M Food Preservation, which includes 2 jars one for display and one that will be returned to the exhibitor after sampling.
16. **Food Technology Exhibit:** Exhibit to include a food product prepared using new technology or a non-traditional method (i.e. bread machine, microwave, air fryer, Instapot, etc.). Include recipe and why you used this method. Small items such as cookies require 3 identical items or 1 large item.
17. **Maple Syrup:** An exhibit will consist of homemade maple syrup in a clear glass bottle appropriate for syrup products. Exhibitor's entry card must include the process used to make the syrup and the resources for their information.
18. **Coffee Cake:** (not yeast). 1 approx. 8" - 9" round or square pan. Toppings permitted.
19. **Candy:** 3 pieces of one variety per entry; i.e. fudge, hard candy, peanut brittle. **Microwave candy is not acceptable.** Must use candy thermometer method. (3 uniform pieces)
20. **Healthy Snack:** This may be an actual food exhibit, poster, photos or may include artificial/faux food. The idea is to prepare an example of a healthy snack that you might have yourself or may prepare for friends. Examples of Healthy Snacks: veggie platter, smoothie, cheese and crackers, fruit kabob. 3x5 cards should include serving size information and the nutritional value of the snack. **An exhibit must be made from scratch. Commercially prepared items including empty containers with branding are not acceptable. Items that require refrigeration are accepted at the county level but are not eligible for state fair.**
21. **Packed Lunch:** Entry is to be presented in a lunch bag or box (always good to think about how this will be displayed at the fair). Display may

include photos or artificial/faux food, if actual items will not hold up. 3x5 card should include the following: a) Dietary needs of individual that lunch is for (aka: 3rd grader will require less food than a high school athlete); b) Facilities available for keeping lunch (aka: will this be used on a trail ride? Lunchroom: Do you need a microwave in order to prepare? c) Nutritional value of the lunch packed (consider this when you decide what is going in the packed lunch).

22. **Menu For A Day:** The menu should include complete listing of all meals and snacks that would be eaten over a one-day (24 hour) period. A description of individual or family whom meals are intended for must be included. Typed exhibit with photos is recommended, creativity is encouraged.
23. **Recipe Collection:** A minimum of 10 recipes exhibited in a recipe box or notebook, per year. Recipes can be carried over from previous year with at least 10 new entries added. All information should be printed in ink, typed or word-processed; no photocopies. Collections will be judged on appearance, organization, source, and variety. All recipes should have the date, emphasize the nutritional value, ease of preparation, why it was made and any additional comments on the process or modifications to the recipe.
24. **Healthy Recipe Collection:** An exhibit is at least 6 recipes (displayed in a box, notebook, or file folder; can include photos or illustrations) that provide needed nutrients while limiting fat and total calories. All information should be printed in ink, typed or word-processed; no photocopies. Collections will be judged on appearance, organization, source, and variety. All recipes should have the date, emphasize the nutritional value, ease of preparation, why it was made and any additional comments on the process or modifications to the recipe. For each recipe state: (1) relationship of key ingredients to MyPlate.Gov; (2) nutritional benefits; (3) source of recipe; (4) how well it was liked; (5) any changes you would make to the recipe. **All recipes must be collected and made during the current enrollment year.**
25. **Heritage Recipe Collection:** An exhibit is at least 10 recipes (displayed in box, notebook, or file folder; include photos or illustrations that depicts family or local history. All information should be printed in ink, typed or word-processed; no photocopies. Collections will be judged on appearance, organization, source, and variety. All recipes should have the date, emphasize the nutritional value, ease of preparation, why it was made and any additional comments on the process or modifications to the recipe. For each recipe state: (1) source of recipe; (2) history related to recipe; (3) traditions related to preparing, serving and eating the food. The collection should represent one or more generations older than you and can be collected from family, friends or other community sources. **All recipes must be collected and at least 4 of the 10 prepared during the current enrollment year.**
26. **Sweet Yeast Bread:** 3 rolls or twists or 1 whole, stolen or tea ring. Can include glaze, frostings, toppings or fillings.
27. **Jelly Roll:** 1 whole roll. Commercial or homemade jelly, jam, or marmalade accepted. C
28. **Glazed Baked Good-** Any food product where the glaze is an essential element of the recipe. The number of items and pan-size used to bake the entered item should match the guidelines for comparable class entries in this section. (3 small uniform or 1 large). . **Items that require refrigeration are accepted at the county level but are not eligible for state fair.**
29. **Pastry Piecrust Shell:** Finished edge such as crimping or fluted in disposable 8"-9" disposable pie pan.
30. **Homemade Dairy Products:** Examples include cheese, ice cream and butters. Each product must be distinctly different and use different processes. For example fresh cheese such as mozzarella and smoke aged cheese. Products will be returned to the exhibitor due to the need for refrigeration. Please include a recipe card as well as nutritional information. **Items that require refrigeration are accepted at the county level but are not eligible for state fair.**
31. **Pasta:** Examples include spaghetti, fettuccini, elbows, egg noodles, ravioli and or/tortellini. Each product must be distinctly different with different recipes and processes. Such as fettuccini and ravioli. If there is a filling that requires refrigeration then the product will be returned to the exhibitor after evaluating. Pasta does not need to be cooked. Please include a recipe card as well as nutritional information. **Items that require refrigeration are accepted at the county level but are not eligible for state fair.**
32. **Miscellaneous:** Any item that does not fit in the categories listed above. Entries in this category must be cleared through the superintendent for this category. Guidelines regarding recipe cards including ingredients, recipe, process, source and yield. Guidelines regarding recipe cards found in first paragraph under "Special Note" (Recipe cards should include ingredients, recipe process, recipe source & yield. Nutritional information should also...)

NOTE: Special Requirement for 4-H exhibitor who will not be talking with the Fair Evaluator

For any 4-H member who is unable to bring his/her exhibits/entries to the 4-H Youth Development Building on Saturday, August 5, 2023, to speak personally with the evaluator, the following Exhibitor Information Statement is required to be completed for each exhibit/entry. The evaluator will be requiring this in order to accept the exhibit/entry. (Cloverbuds should complete this information to the best of their abilities; regular 4-H'ers (ages 8-18 as of January 1st) should complete these statements fully in their own handwriting if possible. Age and experience will be taken into consideration.)

1. What is the Class _____ and Section _____ of your exhibit
2. Describe what you did to complete this project. Provide a list of materials, products and/or equipment used and why they were selected. Briefly explain your methods of construction process and your source of ideas. (3-5 sentences is sufficient)
3. In approximately 3 – 5 sentences, describe your feelings about this project: what you learned, what challenged you, and /or how you would improve your exhibit in the future.
4. Additional information requested in the Section for this class (Be sure to read complete guidelines in the section)
5. Additional information or special needs to be noted by the evaluator.