

YOUTH (4-H/GRANGE) FOODS & NUTRITION

DEPARTMENT 51

FAIR OFFICE: (509) 222-3749

Important Links

[Exhibitor Online Registration](#)

[4-H & FFA Rules](#)

[Entry Instructions](#)

Follow us on Facebook for Updates! [Benton-Franklin Fair Exhibitors](#)

Before entering, please refer to General Information Youth (4-H/Grange) & FFA and Rules and Regulations

Entries are to be dropped off Sunday August 18 between 10 a.m.–6 p.m. in Building 4.

BAKED PRODUCTS

1. All baked products may be from a prepared mix or from scratch, with the exception of decorated cakes which can be Styrofoam or a baked product; cake pops must be cake. Decorated cakes must be specified as either cake or Styrofoam.
2. All baked products must be entered on paper plates or cardboard and placed in a clear plastic bag or covered with plastic wrap, except for decorated cakes or breads. Decorative Breads & Cakes must come on a cardboard cake tray.
3. All entries must include a 3" x 5" card with a complete recipe and an explanation of what was learned in preparing the item. An exhibit will be dropped one ribbon placing, at the judge's option, if the card is missing or incomplete.
4. AMOUNT TO BRING: Cookies, bar cookies, biscuits, muffins, cupcakes, tarts, rolls, buns and candy: 4 each. Pies, cakes, tea rings, angel food, bundt cakes, etc.: 1/2 each or 2 each of minis. Bread: 1/2 loaf or two whole mini loaf. Decorated bread or cake: whole. Cake pops: 4 each.

PREMIUM POINTS		
Blue	Red	White
15	10	8

Special Award - Overall Cake Decorating
Prize donated by: Layered Cakes and Designs

CLASS

1. Junior
2. Intermediate
3. Senior

DIVISION

- A. Baked items featuring Northwest agricultural product for flavor (specify which product)
- B. Cakes or cupcakes (no cream cheese can be used)
- C. Candy
- D. Cookies or Bar Cookies (no cream cheese can be used)
- E. Decorated breads or cakes – Fair theme
- F. Decorative breads or cakes
- G. Decorated Food House (gingerbread house, log cabin made of pretzels. Any food item can be used to make model, display must not be bigger than 10 inches deep by 12 inches wide)
- H. Muffins
- I. Nutritious snacks – fruit leather, granola bars, etc.
- J. Pies or tarts (no cream cheese can be used)
- K. Quick breads or biscuits
- L. Special dietary product (ex: gluten-free, vegetarian, and vegan)
- M. Yeast bread or rolls
- N. Mystery Food (mystery ingredient per age group will be announced on August 1 on Facebook page)

FOOD PRESERVATION

- 1. All entries must include a 3" x 5" card with the complete recipe, processing procedure with time, and an explanation of what was learned in preparing the item. Exhibits will be dropped one ribbon placing, at the judges' option, if the card is missing or incomplete.
- 2. The 4-H'er must be enrolled in the food preservation project in order to exhibit in this section and must have a certified Food Preservation Project Leader.
- 3. Use the most recent Washington State University Cooperative Extension publication for food preservation processing times and methods. Preserved foods not processed according to USDA recommendations will be disqualified. Jams and jellies need not be USDA recipes.
- 4. All canned products must be exhibited in standard canning jars, sealed with flat metal lids. No single piece lids will be accepted. PLEASE LEAVE SCREW BANDS ON.
- 5. **All dried exhibits must be in at least a sandwich-sized Ziploc bag; ¼ cup dried fruit; 2 Tbl herbs.**
- 6. LABELING: All canned and dried exhibits must be labeled with C0803 and C0804 labels available from the Extension Office. All labels MUST be complete. Incomplete labels will be disqualified. Canned goods labels should be placed on the lid. Dried goods labels should be placed in the upper right-hand corner of the Ziploc bag.

7. Due to the potential presence of e-coli and salmonella bacteria in raw meat, an Extension-approved recipe using pre-cooked meats for drying is available from the County Extension Office. Dried meats prepared using this recipe will be accepted.

SPECIAL AWARDS

BALL CORPORATION FRESH PRESERVING AWARD

Divisions N, P, R, S – Awards for First place will be presented to exhibitors whose home canned entry is selected the best in the categories of Fruits, Vegetables, Pickles, and Soft Spreads. Entries must be preserved in Ball Jars and sealed with Ball Lids and Bands or preserved in Kerr Jars sealed with Kerr Lids and Bands. In addition, entries in the soft spread category must be prepared using Ball Pectin: Classic, Low or No-Sugar, or Liquid. Proof of pectin purchase in the form of a receipt or product UPC must be submitted with entry. First place award winners will receive One (1) Five-dollar (\$5) Coupon for Ball or Kerr Fresh Preserving Products and One (1) Free (up to \$6 value) Coupon for Ball Pectin.

DIVISION

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|-----------------------------------|---|
| O. Canned Fruits | R. Dried Foods & Spices |
| P. Canned Meats, Fish and Poultry | S. Jams, Jellies, Conservers & Marmalades |
| Q. Canned Vegetables | T. Canned Pickles or Relish |

PREMIUM POINTS		
Blue	Red	White
10	8	6

DIVISION

- U. Centerpieces
- V. Gift Baskets
- W. Mixes in a jar (include cost of materials and how many it will serve on a 3x5 card.)
- X. Recipe book or file
- Y. Table setting -- must follow proper etiquette, EM3443, 4-H publication available from the WSU Extension Office. 1 place setting per entry **20"x 20" space allowed.**

INTERVIEW JUDGING PARTICIPATION POINTS = 8

1. Open to any 4-Her enrolled in a food project. The 4-H exhibitor must be able to discuss the quality standards, food safety, nutrition, food preparation steps and the overall 4-H food project they are enrolled in with the judge.
2. Only one interview will be awarded points.

DIVISION

- Z. Interview judging