

# DEPARTMENT 25J

## FOODS & NUTRITION

Superintendent & Jr. Fair Board Representative:  
Kitty Bymers, 715-384-7989

**Check General Rules and Judging Schedule found in the front of the book.**

All Judging will take place on Tuesday. Danish Judging for Class F will begin at 9:00 am, with Classes B, C, D and E to follow. Conference Judging for Class A will begin at 10:00 am; Conference Judging for Class G will begin at 1:00 pm.

Foods will not be released from buildings; only ribbons will be released to exhibitor

1. **Members of the same family cannot exhibit under the same lot number in the same Class. Exceptions: all non-food lots, all of Class F and G. (Example: both could exhibit in Class A, but both cannot exhibit brownies, but both could make a sack lunch).**
2. No nuts in any food produce except granola, peanut brittle, nationality and quick bread classes.
3. No frosting, sugaring or toppings, except Class G or where noted.
4. No mixes to be used.
5. Size of pans to be used: breads: 9"x5" or 8"x4" loaf pan; pies in disposable pie plates.
6. Cool all baked goods thoroughly before covering and bringing to the fair.
7. Food should be placed on an appropriate sized disposable plate, in plastic zipper food storage bags, accompanied by entry tag attached to outside of bag.
8. Posters shall be 14" x 22".

BEST OF SHOW .....	ROSETTE
Blue .....	\$2.00
Red .....	\$1.75
White.....	\$1.50
Pink.....	\$1.25

### CLASS A: GRADES 4-5

**Lot**

1. Brownies (plate of 3, 2x2)

2. Chocolate chip cookies (plate of 3)
3. Oatmeal cookies (plate of 3)
4. Snickerdoodles, may be sugared, (plate of 3)
5. No-bake bars, may have topping (plate of 3, 2x2)
6. Yellow cupcakes (plate of 3)
7. Chocolate cake (corner piece, 4x4)
8. Muffin made with fruit (plate of 3)
9. Granola bars (plate of 3)
10. White bread, bread machine (½ loaf)
11. Gluten free item; identify the gluten free substitutions
12. A nutritious sack lunch; bring sack decorated with contents of lunch inside; **DO NOT BRING FOOD**
13. Poster on how to read food labels
14. Poster exhibit or mobile teaching the Food Plate Guide
15. Collection of 5 nutritious snack recipes that exhibitor can make.

### CLASS B: GRADES 6-8

**Lot**

1. Peanut butter cookies (plate of 3); may be sugared
2. Cranberry/Craisin cookies (plate of 3)
3. M & M cookies (plate of 3)
4. Snickerdoodles, may be sugared (plate of 3)
5. Chocolate chip bars (plate of 3, 2x2)
6. Pumpkin bars (plate of 3, 2x2)
7. Yellow cakes (corner piece, 4x4)
8. Chocolate cake (corner piece, 4x4)
9. Muffins made with fruit (plate of 3)
10. Quick bread, containing no yeast (½ loaf); list type of bread
11. Baking powder biscuit; made from scratch (plate of 3)
12. Single whole pie crust
13. Wheat bread, bread machine (½ loaf)
14. Gluten-free item; identify the gluten-free substitution
15. A nutritious sack lunch; bring sack decorated with contents of lunch inside; **DO NOT BRING FOOD**
16. Poster on food safety rules

17. Poster showing importance of food & fitness
18. Collection of 6 recipes that are your family favorites which may be added to previous year's collection of recipes. Goal is to have own cookbook.

### CLASS C: GRADES 9-13

#### Lot

1. Chocolate chip cookies (plate of 3)
2. Gingersnaps, may have sugaring (plate of 3)
3. Cut-out cookies, no frosting (plate of 3)
4. Spritz cookies (plate of 3)
5. Nationality cookie; include nationality and full recipe (plate of 3)
6. Any other cookie (plate of 3)
7. Banana, carrot or zucchini bars (plate of 3, 2x2)
8. Lemon bars, sugar topping allowed (plate of 3)
9. Blueberry muffins (plate of 3)
10. Quick bread, containing no yeast (½ loaf); list type of bread
11. Yeast bread, no bread machine (½ loaf)
12. Yeast bread, using bread machine (½ loaf)
13. Breadsticks or pretzels made with yeast (plate of 3)
14. Yeast dinner rolls (plate of 3 different shapes)
15. Cinnamon rolls, no frosting (plate of 3)
16. Granola with recipe (1 cup in a closed container)
17. Single whole pie crust
18. Double crust fruit pie (1/6 of pie)
19. Gluten-free item; identify the gluten-free substitution
20. Poster on healthy eating in a restaurant
21. Arrange a nutritional meal on a paper plate in regard to MyPlate nutrition. Use clip art or other pictures; **do not use real food.**
22. Theme gift basket. Creative gift presentation using at least 2 food products. **No perishable foods may be used, baskets to be wrapped in clear plastic wrap. Basket size not to exceed 11 x 16 x 15 in size. Attach 3 x 5 card explaining theme and listing items included.**
23. Collection of 10 recipes that are your family favorites which may be added to previous year's collection of recipes. Goal is to have own cookbook.

### CLASS D: CANDY MAKING

*(Open to all grade levels)*

#### Lot

1. Fudge (plate of 3, 1x1)
2. Caramels (plate of 3, 1x1)
3. Peanut Brittle (plate of 3, approx. 2x2)
4. Hard Candy (plate of 3)
5. Molded Candy (plate of 3)
6. Any other homemade candy not listed above (plate of 3); list type of candy

### CLASS E: MICROWAVE

*(Open to all grade levels)*

#### Lot

1. Cake, corner piece, (4x4, or ¼ of ring)
2. Pumpkin bars, (plate of 3, 2x2)
3. Cupcakes or muffins (plate of 3)
4. Any no-bake bar (plate of 3, 2x2)
5. Coffee cake (4x4 corner or ¼ of ring)
6. Cookies, any type (plate of 3)
7. Gluten-free item; list gluten-free substitution
8. Poster on how to convert traditional cooking to microwave cooking

### CLASS F: FOOD PRESERVATION

All foods should be processed according to method and times listed in the most current University of Wisconsin food publications: <https://fyi.extension.wisc.edu/safepreserving/recipes/>

TITLE	NO.	YEAR
Tomatoes Tart & Tasty	B2605	2009
Canning Vegetables Safely	B1159	2008
Canning Salsa Safely	B3570	2008
Canning Fruits Safely	B0430	2008
Homemade Pickles & Relishes	B2267	2008
Making Jams & Jellies	B2909	2008
Canning Meat, Wild Game, Poultry & Fish Safely	B3345	2009

These publications are supplied to members as part of the food preservation literature.

Only standard quart and pint jars will be accepted. (Jar with manufacturer's name blown in glass.) Metal screw rings are to be removed from all jars prior to entry at the fair by exhibitor.

No refrigerator pickles.

Jams and Jellies should be exhibited in standard ½ pint jars or pint jars with self-sealing lids (No paraffin, no freezer jams, no freezer jellies).

All dehydrated goods should be placed in plastic zipper food storage bags.

Prior to the fair each exhibitor will receive an entry tag (sample below). Each jar must have this entry tag attached. Tag information must be filled out.

Exhibitor Number _____
Class _____
Date Processed _____
Check those that apply:
Boiling water bath _____
Pressure Canner _____ No. pounds _____
Hot pack _____ Raw pack _____
Time processed _____
Method of dehydration _____
Pre-treatment used _____
Time dehydrated _____

**Lot**

1. Applesauce
2. Any berry or cherry
3. Peaches
4. Pears
5. Rhubarb
6. Marmalade or conserve
7. Raspberry Jam
8. Strawberry jam
9. Any other jam –identify type
10. Apple jelly
11. Grape jelly
12. Any other jelly –identify type
13. Any pie filling –identify type
14. Corn
15. Beans
16. Carrots
17. Peas
18. Beets
19. Vegetable mixture

20. Relish
21. Sweet pickle
22. Dill pickle
23. Any other pickled vegetable
24. Tomato juice
25. Any other juice – identify type
26. Tomatoes, whole or quartered
27. Salsa
28. Spaghetti sauce
29. Canned meat
30. Dehydrated banana chips, ½ cup
31. Dehydrated peach slices, ½ cup
32. Dehydrated pear slices, ½ cup
33. Dehydrated apple slices, ½ cup
34. Dehydrated fruit leather, 4"x4" strip
35. Dehydrated any other fruit, ½ cup; identify type
36. Dehydrated herb; ¼ cup; identify type
37. Dehydrated jerky, 2 sticks
38. Dehydrated carrots, ½ cup
39. Dehydrated peas, ½ cup
40. Dehydrated onions, ½ cup
41. Dehydrated other vegetables, ½ cup, identify type

**CLASS G: CAKE DECORATING**

1. All cakes should be on disposable cardboard or tray.
2. Cakes are judged on appearance only.
3. Cake shaped forms (cardboard, Styrofoam, etc.) may be used instead of real cake.
4. Remember to follow the criteria for decorations in each of the three sections.

BEST OF SHOW .....	ROSETTE
Blue.....	\$3.00
Red.....	\$2.75
White .....	\$2.50
Pink.....	\$2.25

**Decorated using frosting only**

No fondant allowed; no other decorations; frosting only.

<u>Grades</u>	<u>Grades</u>	
4-6	7 & up	
1	25	Three (3) decorated cookies

2	26	Three (3) decorated cupcakes
3	27	Molded character cake
4	28	Flat, one-layer cake
5	29	Multi-tiered cake
6	30	Structured item, such as gingerbread house

**Decorated using frosting and edible decorations only**

No fondant allowed; everything on item *must* be edible.

<u>Grades</u>	<u>Grades</u>	
4-6	7 & up	
7	31	Three (3) decorated cookies
8	32	Three (3) decorated cupcakes
9	33	Molded character cake
10	34	Flat, one-layer cake
11	35	Multi-tiered cake
12	36	Structured item, such as gingerbread house

**Decorated using frosting and any other decorations**

No fondant allowed; other decorations do not need to be edible.

<u>Grades</u>	<u>Grades</u>	
4-6	7 & up	
13	37	Three (3) decorated cookies
14	38	Three (3) decorated cupcakes
15	39	Molded character cake
16	40	Flat, one-layer cake
17	41	Multi-tiered cake
18	42	Structured item, such as gingerbread house

**Decorated using fondant**

Other edible or non-edible decorations are allowed.

<u>Grades</u>	<u>Grades</u>	
4-6	7 & up	
19	43	Three (3) decorated cookies
20	44	Three (3) decorated cupcakes
21	45	Molded character cake
22	46	Flat, one-layer cake
23	47	Multi-tiered cake
24	48	Structured item, such as gingerbread house

**CLASS H: FOODS REVUE**

Foods Revue will be held prior to the fair. Foods Revue items are not eligible for fair competition.

**CLASS I: MYSTERY BOX CHALLENGE**

1. Grades K-2
2. Grades 3-5
3. Grades 6-8
4. Grades 9-13

**CLASS J: CAKE/DESSERT REVUE**

Cake Revue will be held prior to the fair. Cake Revue items are not eligible for fair competition.

1. Grades K-2
2. Grades 3-5
3. Grades 6-8
4. Grades 9-13