

FOODS AND NUTRITION

Department 25

Pre-Fair Event

Check-in:

****NEW THIS YEAR**** Monday, July 17, Exhibition Hall A
All Classes: 2:30 p.m. - 5:45 p.m.

*****Entries arriving after the stated check-in times will NOT be allowed. No exceptions!*****

Judging:

****NEW THIS YEAR**** Monday, July 17, Exhibition Hall A
Classes:

- B, D, F, N** (Posters/Gifts) 5:45 p.m., Danish Judging
- A & C** (Foods 1 & 2) 3:00 p.m., Conference Judging
- E & G** (Foods 3 & 4) 3:00 p.m., Individual Conference Judging
- I** (Food Preservation) 3:00 p.m., Individual Conference Judging
- J** (Cake Decorating) 3:30 p.m., Individual Conference Judging

Department Chairpersons:

- Margaret Francois - (608) 513-6087
- Monica Francois - (608) 513-0689

Superintendent: JoAnn Lein

Eligible 4-H Project Area: Foods & Nutrition

Regulations:

1. Enter the class & lots for the area you are enrolled. Example, if you are enrolled in Foods 1, you must enter only in those lots. Grade levels are only a suggestion listed in the project guide. Check your 4-H Enrollment to determine the level of Foods in which you are enrolled.
2. Entry Guidelines (numbers shown indicate maximum # of entries):
 - Foods 1 & 2:** 4 entries in corresponding food lots
 - 1 entry in posters
 - 5 entries in food preservation
 - Foods 3 & 4:** 6 entries in corresponding food lots
 - 1 entry on posters
 - 10 entries in food preservation
3. The Fair reserves the right to dispose of all baked and perishable food entries displayed at the Fair.
4. A serving of all baked goods and other non-perishable items must be displayed at the Fair.
5. Judges are not required to taste any food exhibits.
6. **Recipes must be on a 3"x5" or 4"x6" card. Menus must be on a 4"x6" card.**
7. Conference judging for Foods 1 & 2 (with the exception of posters), requires that exhibitors be present. Please check in between 2:30 p.m. and 2:45 p.m. Judging will begin promptly at 3 p.m. Posters should be checked in no later than 5:45 p.m. **You do not need to be present for the judging of your posters/displays/gifts.**

Please read the following rules and lot descriptions carefully!

Definitions:

Family size serving: Enough for 4 - 6 people, should not be an individual size portion.

Appropriate Plate/Dish: Suited to the food prepared and presented. For example, marinated vegetable salad would not be appropriate on a large dinner plate. It is more suited on a smaller size plate. Plates may be paper, glass, etc.

Heart Healthy* Recipe or Menu: One that uses naturally low fat ingredients, or that uses lower fat food substitutions to decrease the fat content of a recipe by at least one third and is also relatively low in sodium.

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| Premiums: | Blue | Red | White | Pink |
| Classes A - J | \$1.75 | \$1.50 | \$1.25 | \$1 |

CLASS A. Foods & Nutrition I (Grades 3 & 4)

Perishables

- 1) Fresh vegetable relishes - at least 5 different fresh vegetables. Family size serving. May include a vegetable dip.
- 2) Fresh fruit plate - at least 5 different fresh fruits. Family size serving. May include a fresh fruit dip.
- 3) Deviled eggs - 6 halves attractively displayed on an appropriate plate. Include recipe.
- 4) ****NEW THIS YEAR**** Pocket sandwich - display one on an appropriate plate. Include recipe.
- 5) Stuffed baked potato - display 1 baked potato, with no more than 4 toppings, on appropriate size serving plate with garnish.
- 6) Heart-Healthy* snack/appetizer - Single serving on/in an appropriate serving dish. Be prepared to discuss recipe and nutrition. Include recipe.
- 7) Any item not listed above. Include recipe.

Baked Goods, including candy

- 8) Drop Cookies - display 3 on a plate. Include recipe.
- 9) Bar Cookie - leave in pan but cut into serving pieces. A commercial mix may be used as one ingredient. Include recipe.
- 10) ****NEW THIS YEAR**** Coffee Cake - display entire cake on appropriate serving plate. Include recipe.
- 11) Cupcakes - display 3 on a plate. Do not frost. Include recipe.
- 12) Chocolate Brownies made from scratch - Commercial mix may not be used. Leave in pan but cut into serving pieces. Include recipe.
- 13) Monkey Bread - Display entire recipe on appropriate serving plate. May use refrigerated biscuits as one ingredient.
- 14) Muffins or Scones - display 2 muffins or scones on a plate. Include recipe.
- 15) Candy - display 3 pieces on a plate. Include recipe.
- 16) Gluten Free Baked Item - display as it relates to an above entry. Include recipe.
- 17) Any baked good item not listed above. Include recipe.

CLASS B. Posters/Display (Foods 1)

- 1) Poster/Display relating food to health and/or fitness.
- 2) ****NEW THIS YEAR**** Poster/Display detailing food or kitchen safety best practices.
- 3) Poster/Display detailing principles of table setting.

CLASS C. Foods & Nutrition 2 (Grades 5 & 6)

Perishables

- 1) ****NEW THIS YEAR**** Fruit or vegetable pizza - family size serving on appropriate serving dish.
- 2) Lasagna - single serving on appropriate plate. Include recipe.
- 3) Melon boat.
- 4) Heart Healthy* snack or appetizer. Single serving on/in appropriate plate/dish. Be prepared to discuss recipe and nutrition. Include recipe.
- 5) Heart Healthy* main dish-single serving on/in appropriate plate/dish. Be prepared to discuss recipe and nutrition. Include recipe.
- 6) Fruit or vegetable salad - Single serving on/in an appropriate serving plate/dish.
- 7) Stuffed baked potato - display 1 baked potato with no more than 4 toppings on appropriate plate with garnish.
- 8) Lunch or dinner meal - display a single serving of the main entree on/in an appropriate plate/dish. Include recipe for main dish along with a separate list of all other menu items on a 4"x6" recipe card.
- 9) Fruit crisp - leave in pan. Include recipe.
- 10) Any perishable item not listed above. Include recipe.

Baked Goods, including candy

- 11) Baking powder biscuits - Display 3 on an appropriate plate.
- 12) Bar cookie - leave in pan, but cut into serving pieces. Include recipe.

- 13) Pretzels - display 3 on a small plate.
- 14) Drop cookies of choice - display 3 on a small plate. Include recipe.
- 15) Single layer cake from mix - leave in pan. **DO NOT FROST.** One ingredient may be a commercial mix.
- 16) Dinner rolls - display 3 rolls on a plate. You must use at least two ingredients not listed on the package if a commercial product is used as an ingredient. Include recipe.
- 17) Chocolate Brownies made from scratch (not commercial mix) - display 3 on plate; one must be edge piece. Include recipe.
- 18) Quick bread - display 1/2 loaf that was baked in a standard size pan (9"x5" or 8"x4"), on an appropriate plate. Include recipe.
- 19) Candy - display 3 pieces on a plate. Include recipe.
- 20) Gluten Free Baked Item - display as it relates to an above entry. Include recipe.
- 21) Any baked good item not listed above. Include recipe.

CLASS D. Posters/Displays/Gifts (Foods 2)

- 1) Poster/Display relating food to health and/or fitness.
- 2) ****NEW THIS YEAR**** Poster/Display detailing food or kitchen safety best practices.
- 3) Poster/Display detailing the principles of table setting.
- 4) Recipe collection in box, binder or album. Minimum of 20 recipes
- 5) Food for Gifts: a basket or container containing no more than 2 different homemade food items and no more than 2 store-bought items (no alcoholic beverages, no cellophane). Must not require refrigeration. All food items must be food safe at room temperature

CLASS E. Foods and Nutrition 3 (Grades 7-9)

Perishables

- 1) Make your own casserole - leave in casserole dish. Include recipe.
- 2) Hot or cold pasta entree - single serving on/in an appropriate size plate/dish. Include recipe.
- 3) Stir Fry - single serving on an appropriate plate. Include recipe.
- 4) Dinner menu - single serving of each menu item on appropriate dinnerware. Include recipe for main dish along with a separate list of all other menu items on a 4"x6" recipe card. Be prepared to discuss food preparation.
- 5) ****NEW THIS YEAR**** Snack or Appetizer on an appropriate size plate/dish. Include recipe.
- 6) Soup - single serving in appropriate serving bowl. If Heart Healthy* be prepared to discuss recipe and nutrition.
- 7) Tacos - display 2 on appropriate serving plate with garnish.
- 8) Vegetarian casserole - leave in casserole dish. Include recipe.
- 9) Any perishable item not listed above. Include recipe.

Baked Goods, including candy

- 10) Breadsticks - display 8 in a basket. Include recipe.
- 11) Dinner rolls made from scratch - display 3 on an appropriate plate. Include recipe.
- 12) Bread made in a bread machine - display 1/2 loaf. Include recipe.
- 13) Banana bread - one loaf in a standard size pan. Remove bread from pan. Display on appropriate serving plate. Include recipe.
- 14) Other quick fruit or nut bread, not banana - one loaf baked in a standard size pan. Display on appropriate plate. Include recipe.
- 15) Bread made from sweet dough - may be rolls, buns, tea ring or loaf. One ingredient may be a mix. Include recipe. Display on appropriate serving plate.
- 16) Cake of your choice made from scratch - display whole cake on appropriate platter/pan. Include recipe.
- 17) One crust pie of choice - can be made in mini or standard size pie pan. Include recipe for filling and crust. Bring the whole pie. Include recipe. Crust must be homemade.
- 18) Baked cheesecake - display whole cake on appropriate serving platter. Include recipe.
- 19) Candy - display 3 pieces on a plate. Include recipe.

- 20) Gluten Free Baked Item - display as it relates to an above entry. Include recipe.
- 21) Any baked good item not listed above. Include recipe.

CLASS F. Posters/Displays/Gifts (Foods 3)

- 1) Poster/Display relating food to health and/or fitness.
- 2) ****NEW THIS YEAR**** Poster/Display detailing food or kitchen safety best practices.
- 3) Recipe collection in box, binder or album. Minimum of 30 recipes
- 4) Food for Gifts: a basket or container containing no more than two different homemade food items and no more than 2 store-bought items (no alcoholic beverages, no cellophane). All food items must be food safe at room temperature

CLASS G. Foods and Nutrition 4 (Grades 10-12+)

Perishables

- 1) Burrito or wrap - single serving on appropriate size plate with appropriate accompaniment and garnish. Include recipe.
- 2) Make your own casserole - leave in dish. Include recipe.
- 3) Fresh fruit or vegetable salad or side dish - single serving on/in appropriate plate or bowl. Include recipe.
- 4) Heart healthy* snack or appetizer - single serving. Display on/in appropriate plate/bowl. Include recipe.
- 5) International/Ethnic/Regional dinner meal - exhibit one of each menu items on appropriate dinnerware. Include card (4"x6") with the complete menu (translation if necessary) and a separate recipe card for each of the foods on the menu. Be prepared to tell about the diet and cultural practice related to the foods presented.
- 6) Heart healthy* breakfast, lunch or dinner menu - exhibit one of each menu items on appropriate dinnerware. Include card (4"x6") with the complete menu and a separate recipe card for each of the foods on the menu. Be prepared to discuss the recipe and nutrition.
- 7) Twice baked potato - on appropriate plate with garnish. Include recipe.
- 8) Vegetarian casserole. Leave in dish. Be prepared to discuss recipe and nutrition.
- 9) Any item not listed above. Include recipe.

Baked Goods, including candy

- 10) International/Ethnic/Regional dessert - Display on/in appropriate serving plate/dish. Include recipe.
- 11) White or whole grain bread - display 1/2 loaf removed from pan. Include recipe.
- 12) Bread made in a bread machine - display 1/2 loaf. Include recipe.
- 13) Breads made from sweet dough - can be rolls, tea rings or loaves. Display on appropriate serving plate. Include recipe.
- 14) Two crust fruit pie - can be made in mini or standard size pie pan. Bring the whole pie. Include recipe. Crust must be homemade.
- 15) Cake made from scratch - display whole cake on appropriate serving plate. Include recipe.
- 16) Dessert of choice - display on appropriate serving dish/plate. Include recipe.
- 17) Candy - display 3 pieces on a plate. Include recipe.
- 18) Gluten Free Baked Item - display as it relates to an above entry. Include recipe.
- 19) Any baked good item not listed above. Include recipe.

CLASS H. Posters/Displays/Gifts (Foods 4)

- 1) Poster/display relating food to health and/or fitness
- 2) ****NEW THIS YEAR**** Poster/Display detailing food or kitchen safety best practices.
- 3) Recipe collection in box, binder or album. Minimum of 40 recipes.
- 4) Food for Gifts: a basket or container containing no more than two different homemade food items and no more than 2 store-bought items (no alcoholic beverages, no cellophane) All food items must be food safe at room temperature

CLASS I. Food Preservation

Eligible 4-H Project Area: Food Preservation

Regulations:

1. Limit of 5 entries in Food Preservation 1 (grades 3-6) and a limit of 10 entries in Food Preservation 2 (grades 7+).
2. All entries must have been canned after July 2022. The judge will mark the lid with the exhibit year.
3. Each entry must have a firmly attached 2"x3" label with the following information:
Class _____ Lot Number _____
Name of Product _____
Date Prepared _____
Method of Preparation (check):
Hot Pack _____ Cold Pack _____
Method of Processing (check):
Boiling Water Bath _____
Pressure Canner _____
Dehydration _____
Time of Processing _____
4. All cooked jams and jellies should be in 1 cup size jars with ring and lid. All freezer jam and jellies should be in appropriate containers. The judge may taste jam and jellies. Freezer jam will not be displayed at the Fair.
5. Frozen fruit or vegetables will not be displayed at the Fair.
6. All work must be done by the member.
7. Follow current USDA/UW-Extension guidelines for the preservation of all foods.
8. Exhibitors in Foods 1 & 2 and/or Food Preservation 1, please note that you may enter any lots before lot 39.

Food Preservation

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| 1 | 2 | (No Cloverbuds) |
| 1) | 2) | Tomatoes (whole or quartered) - two jars |
| 3) | 4) | Cooked jam, any variety - one jar - one cup size |
| 5) | 6) | Cooked jelly, any variety - one jar - one cup size |
| 7) | 8) | Freezer jam or jelly, any variety - one cup size |
| 9) | 10) | Frozen vegetables of choice - one package |
| 11) | 12) | Frozen fruit of choice - one package - two jars |
| 13) | 14) | Dried fruit - one pint |
| 15) | 16) | Dried vegetables - one pint |
| 17) | 18) | Dried soup mix - one cup only |
| 19) | 20) | Fruit leather - two rolls |
| 21) | 22) | Dehydrated herbs - 1/2 cup only |
| 23) | 24) | Dried meat - one package |
| 25) | 26) | Any canned fruit of your choice - two jars |
| 27) | 28) | Applesauce - two jars |
| 29) | 30) | Rhubarb - two jars |
| 31) | 32) | Pickles - two jars |
| 33) | 34) | Relish - one jar |
| 35) | 36) | Preserves/conserves - one jar - one cup size |
| 37) | 38) | Marmalade - one jar - one cup size |
| 39) | 40) | Honey extracted from comb and bottled |
| --- | 41) | Canned corn - two jars |
| --- | 42) | Canned carrots - two jars |
| --- | 43) | Canned beans - two jars |
| --- | 44) | Canned beets - two jars |
| --- | 45) | Canned peas - two jars |
| --- | 46) | Canned potatoes - two jars |
| --- | 47) | Canned sauerkraut - two jars |
| --- | 48) | Any other canned vegetables of choice - two jars |

CLASS J. Cake Decorating

Check-in: **NEW THIS YEAR**

Monday: 2:30 p.m. - 5:45 p.m. Exhibition Hall A

Judging: **NEW THIS YEAR**

Monday: 3:30 - 6:45 p.m. Individual Conference

Superintendent:

Alicia Russell - (608) 455-1448

Caryn Goczeski - (608) 358-8338

Eligible 4-H Project Areas: Cake Decorating

Regulations:

1. **Must be enrolled in the Cake Decorating project.**
2. A total of 3 entries per exhibitor will be allowed.
3. Judged on decorating only.
4. All items placed on edible products such as cakes, cookies, cupcakes, ginger bread houses, etc. must be food safe.
5. Styrofoam "cake" is recommended. All Styrofoam cakes need to be reproducible for a real cake.
6. Exhibits will stay and be displayed at Fair.
7. Cake board cannot exceed 2" beyond cake. Entry will be marked down one placing if they exceed limitations.
8. Base board for all lots may not exceed 19".
9. Cupcakes or cookies (plate of 3) should be displayed on an appropriate-sized plate, not to exceed 1 1/2" beyond outside edge of cupcakes or cookies.

Grades

3-6 7+ (No Cloverbuds)

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| 1) | 2) | Decorated cookies - 3 on a plate |
| 3) | 4) | Decorated cupcakes - 3 on a plate |
| 5) | 6) | Birthday Cake - (child, teens, or adults) |
| 7) | 8) | Holiday or Special Occasion Cake - (Thanksgiving, Christmas, Wedding, Graduation etc.) |
| 9) | 10) | Non-cake - (gum paste, molded sugar, gingerbread structure, etc.) |
| 11) | 12) | Novelty cakes - (cakes decorated primarily with candy, coconut, cookies, etc. and a maximum of <u>one</u> decorating tip) |
| 13) | 14) | Decorated Cupcake Cake |

Special Awards and Sponsorships:

Miller & Sons Supermarket - All ribbons. Trophy to Champion and Rosette to Reserve Champion of designated classes.

Go The Extra Mile Award

This award is in memory of Julie Francois who was the superintendent of the Foods Department for many years. The winner of this award will receive a \$50 cash prize at the Awards Program and have their name permanently embroidered on the Memorial Apron that will hang at the Foods Display each year.

Courteous • Smiling • Helpful • Cheerful
Doing Something Extra • Exhibiting Leadership