

DEPARTMENT 63 – 4-H FOOD & NUTRITION

2021 KITTITAS COUNTY FAIR EXHIBITOR'S GUIDE

4-H FOOD & NUTRITION

DIRECTOR IN CHARGE

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SUPERINTENDENT

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ENTRY AND EXHIBITS

- Entry form deadline: AUGUST 16 (After 8/16 late fees will apply.)
- All clubs must enter: Hosting.
- All individuals are encouraged to enter Educational Exhibits.
- Read General Rules & Regulations.
- Exhibits accepted in the 4-H Building Tuesday prior to Fair, 7:30 am - 11:30 am.
- Exhibits must be picked up on Monday between 6 and 8 pm.
- Read General Rules & Regulations.
<http://www.kittitascountyfair.com/guide.asp>

4H FOOD & NUTRITION RULES

1. Each entry must state junior, intermediate, or senior age group. Please indicate age on entry tag.
2. Baked items prepared with 1) flour other than bleached white flour, 2) sweeteners other than refined white sugar and/or 3) ingredients without additives, such as preservatives and dyes may be entered in this exhibit.
3. No items should be made from purchased mixes.
4. All entries must be on paper plates.
5. **No entries requiring refrigeration will be accepted.**
6. You may have more than one entry in each DIVISION and CLASS but each entry must be different.
7. Exhibitors must be enrolled in any current 4-H Foods Project to enter the Foods and Nutrition Division.
8. 4-H'er may be involved in one interview judging session in each division.

9. **Every entry in Divisions 63-A through 63-E and 63- H must include recipe.** These can be hand-written legibly or printed on a 3"x 5" or 4"x 6" index card.

DIVISION 63- AQUICK BREADS

List exact name of product.

PREMIUM POINTS

Blue 10
Red 8
White 6

CLASSES

- 01 - Fruit or nut bread (1/2 loaf plus 1 slice)
- 02 - Biscuits (4 per entry)
- 03 - Muffins (4 per entry)
- 04 - Cake doughnuts (4 per entry)
- 05 - Coffee cake (½ cakes, plus 1 slice)
- 06 - Other

DIVISION 63-B..... YEAST BREADS

Bread Makers may not be used. List exact name of product.

PREMIUM POINTS

Blue 20
Red 15
White 10

CLASS 01 – YEAST BREAD

Any yeast bread products may be entered including rolls (4 per entry); 1 loaf bread; 1 tea ring

DIVISION 63-CDESSERTS

List exact name of product.

CLASS 01 – COOKIES

(4 per entry approximately 2½-3" in diameter) Includes bar cookies and brownies.

PREMIUM POINTS

Blue 20
Red 15
White 10

CLASS 02 - CAKE OR CUPCAKES

Made from scratch (exhibitor must enter 1/2 frosted cake plus one piece or 3 frosted cupcakes made with shortening and not made with commercial mix. Enclose recipe on 3 x 5 card or 4 x 6 card (one side only).

PREMIUM POINTS

- Blue 12
- Red 9
- White 7

CLASS 03 - PIE CRUST

Exhibitor must enter 1 whole crust, approximately 8 to 9 inches in diameter). No filling.

CLASS 04 - FANCY DESSERTS (example are filled cookies 4 per entry; ½ jelly roll. Decorated cookies or cakes on edible base.)

PREMIUM POINTS

- Blue 15
- Red 12
- White 10

DIVISION 63-DINTERNATIONAL BAKED GOODS

PREMIUM POINTS

- Blue 15
- Red 12
- White 9

CLASS 01 - Recipe must be included on a 3"x 5" or 4"x 6" card (one side only). Include name of country.

DIVISION 63-ECANDIES

CLASS 01 - SIMPLE CANDIES

Examples are popcorn balls, caramel apples 4 pieces

PREMIUM POINTS

- Blue 10
- Red 8
- White 6

CLASS 02 - DIFFICULT CANDIES

Fudge, divinity, caramels, dipped chocolate 4 pieces per entry, about 1" square

PREMIUM POINTS

- Blue 15
- Red 12
- White 9

DIVISION 63-FBROWN BAG LUNCH

PREMIUM POINTS

- Blue 15
- Red 12
- White 9

CLASS 01 - BROWN BAG LUNCH

Include a 5"x 8" inch card with the menu for the day this lunch will be eaten (breakfast, brown bag lunch and dinner will be included on 5"x 8" inch card). Foods should be chosen to meet the nutritional needs of the exhibitor also keeping in mind that the exhibitor will store the lunch in his locker for 4-5 hours. Since beverages are often purchased at school, the beverage does not have to be included in the sack lunch but should be indicated on the day's menu to be exhibited with the entry. An empty beverage carton or can would also be accepted.

DIVISION 63-GGIFT FOOD BASKET OR TRAY

PREMIUM POINTS

- Blue 15
- Red 12
- White 9

CLASS 01 - GIFT FOOD BASKET OR TRAY

This must include not less than three different foods, i.e., three different cookies or three other nonperishable food combinations. Include information on the recipient and the occasion. Baskets or trays should be decorated attractively.

DIVISION 63-H HOMEMADE MIX

PREMIUM POINTS

- Blue 15
- Red 12
- White 9

CLASS 01 - HOMEMADE MIX

Entry must include:

1. Small container of mix
2. Recipe for homemade mix
3. Cost comparison of homemade mix (finished product) vs. store bought equivalent.
4. Recipe for a finished product
5. Points can be earned for neatness of recipe
6. Points can be earned for decorative appearance.

AWARDS

FOODS AND NUTRITION SPECIAL AWARDS
CASH AWARDS will be given to projects determined deserving.

Sponsors are listed Department 65.

YOUTH BEST OF SHOW

Awards to the best overall exhibits in the Youth Yeast Baking Category:
1st Place - Cookbook and Rosette
2nd Place – Cookbook

Donated by the Washington Wheat Commission
(Machine Breads not included for this award)