

# DEPARTMENT 63 – 4-H FOOD & NUTRITION

## 2022 KITTITAS COUNTY FAIR EXHIBITOR'S GUIDE

### 4-H FOOD & NUTRITION

#### DIRECTOR IN CHARGE

Bret Hollar (509)306-9200

#### SUPERINTENDENT

Susan Bryant (509)-859-3861

#### 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.
10. **Clover Buds enter 73-M**

#### DIVISION 63- A .....QUICK 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-C .....DESSERTS

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

DEPARTMENT 63 4H FOOD & NUTRITION

**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-D .....INTERNATIONAL 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-E .....CANDIES**

**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-F .....BROWN 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-G .....GIFT 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.**

**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)**