



NORTHWEST  
WASHINGTON

**FAIR**

4-H Foods and Food  
Activities

**August 8 – August 17, 2024**



**SKAGIT**

**Farmers Supply**

4H Exhibits Sponsor

# 4-H FOODS & FOOD ACTIVITIES

**Entries are due online by July 24**

<b>4-H &amp; FFA EXHIBITORS:</b>
4-H and FFA gate passes must be purchased online by July 20
Parents of 4-H & FFA Season Pass \$30
4-H & FFA Exhibitors - \$20.00 for a 4-H/FFA Season Wristband
4-H Club Leaders & FFA Advisors will receive (1) Complimentary 4-H/FFA Season Pass

**Entries are brought to the Farm Pavilion on Tuesday August 6 from 1 pm to 7 pm.  
Two late entries will be accepted at drop off.**

**Entries and ribbons should be picked up on the Sunday following the fair from 10 am to 2 pm  
in the Farm Pavilion.**

1. Articles should be entered on plates and enclosed in plastic zip bags or something similar.
2. Cakes and pies may be placed on foil covered cardboard and loosely covered.
3. Open only to members enrolled in 4-H Foods, Nutrition, or Family Living projects.
4. Project exhibited should be the same as project enrolled in.
5. **Attach recipe on 3" x 5" or 4" x 6" card with each homemade item.**
6. Exhibitors may enter only one item in each class.
7. Entries including raw eggs will not be accepted.
8. Family members entering the same class must use a different recipe.
9. No package mixes expect for decorated cakes.
10. **All entries should include an index card with name, age, club, and recipe (if applicable).**
11. **Honey can be entered in the 4-H Sciences Department.**

## DEPARTMENT 46 FOOD EXHIBITS

**DIVISION A - Juniors - 8 to 10 years of age**

**DIVISION B - Intermediate - 11 - 13 years of age**

**DIVISION C - Senior 14 to less than 19 years of age** Senior division must include a 3x5 card of what they learned.

Age as of October 1, 2023. These age Divisions will be used for all food item entries.

### FOOD PRODUCT - COOKED

PREMIUMS: Blue \$5.00 Red \$4.00 White \$3.00

#### CLASS NUMBER

1. Bread, any variety, yeast ½ loaf	11. Donuts, any variety, 4
2. Bread, any variety, quick ½ loaf	12. Muffins, 4
3. Baking powder biscuits	13. No bake item
4. Cake, one layer, ½ cake	14. Pie, any variety, ¼ pie
5. Cake, angel, or chiffon, un-iced ½ cake	15. Popover, 4
6. Candy, any variety, 4	16. Roll, any variety, 4
7. Cheesecake	17. Tart, 4
8. Cookies, any variety, 4	18. Featuring a northwest agricultural product
9. Cream puffs, 4	19. Other than listed
10. Cupcakes, any variety, 4	20. Special diet – diabetic, gluten free, vegan, etc.

### DECORATED BAKED GOODS

PREMIUMS: Blue \$7.00 Red \$6.00 White \$5.00

#### CLASS NUMBER

21. Decorated cake - Judged on decoration only. May use something other than an actual cake to decorate.
22. Decorated cupcake – 3 decorated cupcakes
23. Decorated cookie – 3 decorated cookies

## DRY INGREDIANT JAR

Canning jar filled with the dry ingredients for a recipe. Include recipe card that notes which ingredients are in the jar.

PREMIUMS: Blue \$5.00 Red \$4.00 White \$3.00

### CLASS NUMBER

- 24. Cookie recipe
- 25. Brownie recipe
- 26. Soup recipe
- 27. Other

## FOOD PRODUCTS - PRESERVED

- All projects must be exhibited in standard canning jars.
- Processing methods should follow USDA recommendations. (Jams, jellies, preserves, and marmalades should be processed in boiling water bath, unless freezer products.)
- Citric acid or bottled lemon juice must be added to tomatoes. All canning exhibits must be labeled using official 4-H labels [C0803](#) or [C0804](#).
- The label should be placed on top of the lid. Information on the label should tell kind of food, type of pack (raw or hot), processing method used, time processed, date processed, name and county of exhibitor. Current crop and/or food processed after the last fair.
- No one-piece lids or screw bands on jars will be accepted. Jam and jelly jars will be opened for judging.
- Bring two jars of the same batch if canned and one container if frozen.
- The unopened jar will be displayed. One is opened for judging.
- Please bring an extra ring for the opened jar so that the content with not spill.
- Paraffin is not acceptable for these products.
- Must include a 3" x 5" card with an explanation of what was learned in preparing the food.
- Recipe must be included on a 3X5 card.
- Family members or clubs may not enter canned goods made from the same batch.

## CANNED FRUIT, JAMS AND PICKLES

PREMIUMS: Blue \$5.00 Red \$4.00 White \$3.00

### CLASS NUMBER

28. Applesauce	36. Pears
29. Apricots	37. Plums
30. Berries, any variety	38. Pickles, any variety
31. Cherries, any variety	39. Prunes
32. Jam, any variety, 2 jars	40. Relish, any variety
33. Jelly, any variety, 2 jars	41. Rhubarb
34. Marmalade or conserve, any variety, 2 jars	42. Strawberries
35. Peaches	43. Other than classified

## CANNED VEGETABLES

Properly labeled and pressure canned only. No whole green beans or asparagus.

PREMIUMS: Blue \$5.00 Red \$4.00 White \$3.00

### CLASS NUMBER

44. Beans, any variety	48. Peas
45. Beets	49. Tomatoes
46. Carrots	50. Vegetables, mixed
47. Corn	51. Vegetables, other than classified

## CANNED MEAT, POULTRY AND FISH

Properly labeled and pressure canned only.

PREMIUMS: 5.00 4.00 3.00

### CLASS NUMBER

52. Beef	56. Mutton
53. Chicken	57. Pork
54. Clams	58. Salmon
55. Game	

## DRYING FOODS

All dried food exhibits must be labeled. **The label [CO804](#) should be placed on top of jar lid, container or package.** Information on the label should tell the type of food, method of drying (oven, air, or dehydrator), drying time, pretreatment used (if any), date dried, and name and county of exhibitor. Limited to one per class.

PREMIUMS: Blue \$5.00 Red \$4.00 White \$3.00

### CLASS NUMBER

- 59. Any fruit
- 60. Any vegetable
- 61. Any meat, fish, poultry
- 62. Any other

## DIVISION H - FROZEN JAMS & JELLIES

Use appropriate freezer containers. The label should be placed on top of container lid.

PREMIUMS: Blue \$5.00 Red \$4.00 White \$3.00

### CLASS NUMBER

- 63. Jams
- 64. Jellies

## FOOD RELATED EXHIBITS

### FOOD JUDGING

2<sup>nd</sup> Thursday of the Fair at 12pm

PREMIUMS: Blue \$6.00 Red \$5.00 White \$4.00

#### CLASS NUMBER

1. Junior - 8 to 10 years of age
2. Intermediate - 11 - 13 years of age
3. Senior 14 to less than 19 years of age

### RECIPE FILE

Each year entered you must add at least 15 new recipes with the date labeled on each card. Seniors must include a card stating what was learned.

PREMIUMS: Blue \$6.00 Red \$5.00 White \$4.00

#### CLASS NUMBER

4. Recipe file, properly organized by type of food.

### BROWN BAG LUNCH

Contents of the brown bag lunch will be displayed in 12"x12" area near the baked and canned food exhibits. No containers can be returned. Include a 5"x 8" note card with the three menus for the day. State serving size amounts. Food should be chosen and packaged to meet the nutritional needs of the exhibitor with the understanding that the exhibitor will leave home at 7:30 a.m. for the first day of the school year and will store the lunch in his locker until the 12:30 p.m. lunch period. Observe food safety principles. 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 could be included for exhibit purposes. Any display that has been shown previously will need Superintendent approval.

PREMIUMS: Blue \$5.00 Red \$4.00 White \$3.00

#### CLASS NUMBER

5. Brown Bag Lunch

### TABLE SETTING

Each entrant may display one table setting. Include a card of type of setting, what was learned in preparation of exhibit, menu on a 3" x 5" card, and an explanation for the choices of foods and table appointments. May choose a theme. Include a place mat or something to depict what linens would be used. May include a sketch or photo showing how the entire table should appear. Not responsible for breakage or theft. Space is limited. Pre-registrations will be taken on a first come-first served basis until space is filled. Any display that has been shown previously will need Superintendent approval. Exhibitor must be present for set-up. Only exhibitor will be allowed to set-up their table setting.

PREMIUMS: Blue \$5.00 Red \$4.00 White \$3.00

#### CLASS NUMBER

6. Table Setting

### SMALL DISPLAYS

Exhibit must include 3"x 5" cards with the recipe (for Class A only) and an explanation of what was learned in the preparation of the display. Information presented should be accurate, concise, and easily read from a short distance (3 - 4 feet). Small displays must be less than 15" wide, 15" high and 12" deep. If exhibit has several pieces, include a sketch, diagram or photograph showing how it is to be displayed. Limited to one display per exhibitor. Please - no cut vegetables or fruit. Setting is to be no larger than a normal sized rectangle placemat.

PREMIUMS: Blue \$7.00 Red \$6.00 White \$5.00

#### CLASS NUMBER

7. With food product made by exhibitor
8. Without food product made by exhibitor

## DEPT. 47 FOOD ACTIVITIES

### ON THE SPOT COOKING CONTEST

Saturday, August 19<sup>th</sup> 11:00 a.m. **Limited to the first 15 exhibitors.** If room after online entries close, sign up will continue in person at 4-H Food entry drop off.

PREMIUMS: Blue \$15.00 Red \$10.00 White \$5.00

#### CLASS NUMBER

1. On the Spot Cooking

### FOOD ACTIVITY DEMONSTRATION

Food activity demonstrations will be limited to the first 36 entries received. Entries must be made online. Food Activity Demonstrations will take place the first Saturday of Fair. Complete [C1099E](#), 4-H Food Activity Worksheet, for each food activity you participate in. Unlike Public Presentations, Activity Demonstrations will be judged more on the food preparation and product using the 4-H Food Activity Scoresheet [C1098E](#). All participants should bring with them their menu plan and recipes. Bring your own supplies (tablecloth, placemats, dish towels, center piece, ect.).

#### CLASS NUMBER PREMIUMS

PREMIUMS: Blue \$6.00 Red \$4.00 White \$3.00

#### CLASS NUMBER

2. Food preservation
3. Dessert
4. Bread baking (bring a baked loaf)
5. Snack foods
6. Other food activity

## DEPARTMENT ROSETTES- NORTHWEST WASHINGTON FAIR ASSOCIATION