

# Department 15 Food & Nutrition 4-H | Grange | FFA

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## Baked Goods

- All exhibits must be entered on a disposable plate and placed in a resealable plastic bag.
- All exhibits must include the following information on a 4" x 6" card (cards may not be returned):
  - Exhibitor's name
  - Recipe
  - Was the item made from a prepared mix or from separate ingredients?
- Baked goods may be iced or glazed.
  - For food safety, do not enter items with cream fillings or cream or egg white-based frostings. Exception: cream cheese frostings and glazes high in sugar content will be accepted.

## Preserved Goods (canned, pickled, dried)

No frozen products will be accepted.

- All canned product exhibits
  - Must be in a standard canning jar with a clean loose ring.
  - Must be canned during the current 4-H, Grange & FFA year using current USDA or WSU preservation instructions.
  - Must be labeled with exhibitor's name, kind, variety, preservation method, processing time, and date processed.
- All dried food exhibits
  - Must be in a clear canning jar with lid or on a disposable plate in a resealable plastic bag.
  - Must be dried during the current 4-H, Grange & FFA year using current USDA or WSU preservation instructions.
  - Must be labeled with kind, variety, drying instructions, and date processed.

## Division

### A - Cloverbuds Baking

Items made by Cloverbuds 4-H & Grange members (ages 5-7) must enter this division. Participation ribbon only.

Bring ¼ loaf, ¼ cake or 3 items (cookies, muffins). Two entries per class.

#### Class

1. Cookies
2. Cakes
3. Quick Breads
4. Other

## Division

### B – Cookies

Bring 3; two entries per class

#### Class

1. Drop Cookies
2. Bar Cookies
3. Rolled Cookies (Cut Out)
4. Refrigerator Roll Cookies

## Division

### C – Cakes

**Shortened cakes** – cakes made with fat such as oil or butter and leavening agents such as baking powder or baking soda. Examples: pound cake, butter cake, carrot cake.

**Foam cakes** – cakes made with little or no fat, using eggs or egg whites as leavening agents. Examples: sponge, chiffon, angel food.

Bring ¼ cake or 3 cupcakes. Two entries per class.

#### Class

1. Shortened cakes – any flavor
2. Foam cakes – any flavor
3. Other (examples: flourless cake, fruit cake etc.)

## Division

### D - Quick Breads

Any bread that does not require kneading or rising time and does **not** include yeast. Bring ¼ loaf or 3 muffins, scones, or biscuits. Two entries per class.

#### Class

1. Quick bread loaves
2. Muffins
3. Biscuits or scones

## Division

### E - Yeast Breads

Bring ¼ loaf, 3 rolls or 6” tea ring. Two entries per class.

#### Class

1. White bread loaf
2. Whole or mixed-grain bread loaf
3. Specialty bread (braids, focaccia, tea rings or other full-size specialty bread)
4. Dinner rolls (white, whole or mixed grain, any shape)
5. Specialty rolls (individually portioned breads such as sweet rolls, English muffins, pita, bagels, pretzels etc.)

## Division

### F - Non-traditional baked products

A baked food product prepared using a non-traditional method. Examples: baked item made using a bread machine, air fryer, microwave, crock pot or instant pot, etc.

Entries must include information about the preparation method used and how it compares with the traditional method on a separate 4”x 6” card.

Bring ¼ loaf or cake or 3 items (muffins, cookies, etc.). Limited to three entries. Each entry must be unique.

#### Class

1. Non-traditional baked products

## Division

### G – Candy

Bring 4 pieces. Limited to three entries, each entry must be unique.

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## Class

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1. Candy

## Division

### H - Food Preservation

- A. For canned items, bring 1 jar per entry. For dried items, bring 1 jar or plate containing at least 3 items per entry. Two entries per class. Each entry in a class must be unique.
- B. All canned products to be exhibited in standard canning jars **without** rings. One jar makes an exhibit, no two exhibits the same. (Example: may not exhibit two jars of peaches, but one peach and one cherry permissible.) Jars must be labeled giving kind, variety, preservation method, processing time, and date processed. Canned goods must be canned in the current 4-H, Grange & FFA year. Must use current USDA or WSU instructions. Dried foods should be exhibited in Ziploc bags with instructions on how they were dried.
- C. **Note: No frozen products will be accepted.**

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## Class

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1. Canned fruit
2. Canned vegetable, meat or fish (must be pressure canned)
3. Jam, jelly, preserves, syrup or pie filling
4. Pickled fruit, vegetable, or relish
5. Dried fruit or vegetable (including leathers)
6. Beef jerky, game animal jerky, dried fish, or other dried meat
7. Other (specify)

