

# SECTION 30 – FOOD AND NUTRITION

## ALL FOODS-MUST BE IN PLACE ON

### MONDAY, JULY 5 @12:30pm



#### **FOOD PRESERVATION GENERAL GUIDELINES:**

◆ **PRESERVED FOODS:** Any processed food, including dried foods, will be evaluated based on appearance and process used. If there is a concern about food safety, the entry may not be tasted.

#### ◆ **CANNED FOODS: (Criteria for Exhibiting Home Canned Foods) -**

Remember use only United States Department of Agriculture (USDA) tested and approved recipes. The USDA has researched, tested and approved recipes for home canning. To obtain a safe, and quality product use only up-to-date (1994 or later) USDA approved recipes.

#### ◆ **Approved recipes sources include:**

- National Center for Home Food Preservation at <http://www.uga.edu/nchfp/>
- So Easy to Preserve, University of Georgia
- Your local Cornell Cooperative Extension Office.
- Ball@BlueBook

#### **Canned exhibit consists of two clear-glass Standard Mason jars processed with self-sealing, two piece lids (metal lid & metal ring)**

- Jars must be free of all cracks, chips, etc.
- Each exhibit must be vacuum sealed. Rings should have been removed after processing and cooling in order to clean and store the canned good.
- Rings should be back on for transport but removed for judging.
- Jars must be labeled. (*do not put labels on the sides of the jars*)
- Use a label placed on the jar lid to include product name and processing date.
- Attach a separate card securely to the exhibit to include recipe and recipe source.

#### **The card should include the following if not already included in the recipe:**

- Contents
- Type of pack (hot or raw)
- Type of processing (boiling water bath or pressure) and time required
- Altitude adjustment if required
- Headspace
- Date of processing

#### **In General: Appropriate head space requirements must be followed.**

- Fruit Juices  $\frac{1}{4}$  inch
- Jams and Jellies  $\frac{1}{8}$  -  $\frac{1}{4}$  inch
- Tomatoes  $\frac{1}{2}$  inch **or according to USDA approved recipes**
- Vegetables  $\frac{1}{2}$  inch
- Pickles  $\frac{1}{2}$  inch

**The following entries will be disqualified if:**

- Foods processed & packages not following current (1994 & later) USDA recommendations.
- Paraffin sealed jams and jellies
- Jars with zinc lids
- Foods in green jars or non-standardized jars
- Jars with more than 2" headspace
- Jars with added color, bleach, sulfite or other preservatives, unless called for in a USDA approved recipe (example, baking soda may not be added to green vegetables).
- Jars or food that were made and processed over one year ago.

**CANNED FOODS - # Note: Meat Jerky will not be judged.**

<b>Class</b>	<b>(A)</b> Canned Fruit	<b>(E)</b> Pickles, Relish
<b>447</b>	<b>(B)</b> Vegetable	<b>(F)</b> Jam, Jelly, Marmalade
	<b>(C)</b> Tomatoes	<b>(G)</b> Pie Filling
	<b>(D)</b> Juice	



- 448** **MAPLE SYRUP** – An exhibit will consist of 2-jars of homemade maple syrup in a Clear glass bottle appropriate for syrup products. Exhibitor entry statement card should include the process used to make the syrup and the resource(s) of their information.

**NOTE: Requirements: White Entry Cards / Cloverbuds Yellow Entry Cards**

1. To be displayed in a glass container(s).
2. Provide (2) two ½ pint jars of each exhibit brought. One jar may be opened to judge texture, aroma, and taste (optional). Sealed jar will be displayed. Unopened jar will remain on exhibit. Pick up opened jar after judging (needs refrigeration).

**DRIED/DEHYDRATED FOODS:**

**Criteria for Exhibiting Requirement: An exhibit will consist of 2-jars or 2-bags**

- Dried foods must be displayed in either clear one-half pint zip closure bags or glass jars with tight fitting lids.
- Foods in unapproved containers or more than one year old will be disqualified.
- Jars must be labeled (on a separate card, attached to the exhibit). Do not put labels on the sides of the jars (this makes it difficult for judges to view the product).

**DRIED/DEHYDRATED FOODS - An exhibit will consist of 2-jars or 2-bags requirement!**

- 449** (A) Dried Vegetables (B) Dried Fruit (C) Dried Leathers (D) Herbs

**Labels should include:**

Method of drying (dehydrator, oven)  
Time and temperature of drying  
Pre-treatment method (if used)  
Source of directions

***An entry without the above info will be marked down one placing***