

SECTION 30 – FOOD AND NUTRITION

ALL FOODS-MUST BE IN PLACE ON TUESDAY, JULY 4 @12:30pm

FOOD PRESERVATION GENERAL GUIDELINES:

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

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
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- 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.

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

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

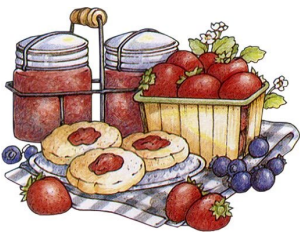
An entry without the above info will be marked down one placing.

SECTION 31 - BAKED GOODS
Tuesday, July 4th @ 12:30 PM – In Place

GUIDELINES – BAKED GOODS:

- Maximum of (2) ***two premiums*** paid per class.
- Our goal is to encourage the mastery of skills. Fewer ingredients generally mean a simpler recipe. The more experienced 4-H member is encouraged to exhibit a more difficult recipe.

- To move recipe choices toward the current Dietary Guidelines for Americans, we encourage exhibitors to select recipes with a lower sugar and fat content. Please do your best to demonstrate good nutritional choices in your recipe.
- Exhibitors are also encouraged to not exhibit the same recipe year after year. Again, this is to demonstrate mastering of new skills.
- All food exhibits must be accompanied by recipe card including: name, all ingredients and steps in preparation (*protect recipe card/written material with plastic wrap*) and if the recipe has been frozen and thawed and your recipe source.
- Exhibitors are encouraged to prepare their own exhibit cards. If exhibit is without a recipe card it will be marked down one ribbon placement.
- All baked foods (**except pies**) must be removed from tins or paper baking cups. Cakes to be removed from pans and topside up for the evaluation.
- Exhibits **requiring refrigeration** are not permitted (cream or custard based pies, cakes, cream cheese) unless special contest outlined.
- Place baked goods (*cool thoroughly*) on disposable plate, enclose recipe card/written material and exhibit in plastic bag and secure with twist-tie.
- More than one variety may be made in each class, as long as they are made from a different recipe.
- A portion of each exhibit will be put on display during the fair. The remainder will be offered at the **4-H Bake Sale** immediately following judging (all proceeds will be donated to the 4-H HEC fund for the benefit of youth programs).
- No frostings, fillings or sweet topping are permitted on cookies, quick breads or cakes unless noted in the recipe.
- Sweet topping is defined as “sugar added” which alters the surface of the food before or after baking.
- Use of bread machine is not allowed, except in class 463.
- Any recipe may not include alcohol (this does not include vanilla which is a standard ingredient in recipes) as one of the ingredients.
- A recipe can only be entered in one class in the Food and Nutrition section.



Criteria for Judging - Entries will be evaluated on appearance, crumb and flavor. To move recipe choices toward the current **Dietary Guidelines** for Americans we encourage attention to reducing sugar and fat content and including (when appropriate) nutrient-dense ingredients in recipes that are selected. *****Exhibitors are encouraged to use** pumpkin, dates, zucchini, applesauce, nut, bran or other nutritious ingredients. (Two exhibits of different kinds are permitted per class).

No purchased refrigerated or frozen dough, or box mixes are permitted.

SECTION 31 – QUICK BREADS (no toppings)



(White Entry Cards & Cloverbuds Yellow Entry Cards)

- 450 **MUFFINS**, plain, corn bread, bran or other – (5 specimens) *do not exhibit in paper wrappers.*
- 451 **BISCUITS OR SCONES** (dropped, rolled or cut), no toppings (5 specimens).
- 452 **LOAF BREAD** (not yeast) (9 x 5 or 8 x 4) Banana, apple, pumpkin, etc.

SECTION 31 - COOKIES

Guidelines: Cookies: no frosting or added decorations that are not part of the recipe. (*White Entry Cards & Cloverbuds Yellow Entry Cards*)

- 453 **DROP COOKIES** – (5 samples) examples: chocolate chip, applesauce, oatmeal, and molasses. **No frostings or added decorations.**
- 454 **HAND-SHAPED COOKIES**- (5-samples) examples: peanut butter, snickerdoodles, crinkles. No frostings or decorations that are not part of batter, but can be rolled in sugar if part of the recipe.
- 455 **BAR COOKIES** – (5 samples) examples: Date bar, pumpkin bar, brownies, layered fruit bars or other batter cookies. No frosting or added decoration not part of the recipe.

SECTION 31 - CAKES

White Entry Cards & Cloverbuds Yellow Entry

Guidelines: an exhibit will consist of one-half of the cake.

- 457 **CAKE** - plain cake (ex. spice, chocolate, butter) baked in a pan approx. 8-9”(round or square pan). An exhibit will consist of one-half of a cake unfrosted.
Removed From Pan
- 458 **NUTRITIOUS CAKE** – An exhibit will consist of vegetable or fruit (no fruitcakes), such as carrot, applesauce, beet, sweet potato, cabbage, etc. baked in 8 - 9” round or square or 9-10” tube **unfrosted.**
In evaluating, more consideration will be given to the use of nutritious ingredients while recognizing the cake will be heavier and moisture content will vary.
Removed From Pan
- 459 **FOAM-TYPE CAKE** - Unfrosted angel food, sponge or chiffon baked in a 9-10” tube pan. An exhibit will consist of one-half of a cake. **Removed From Pan**

SECTION 31 – YEAST BREAD AND ROLLS

*White Entry Cards & Cloverbuds Yellow
Entry Cards*



- 460 (A) **YEAST ROLLS** – (5 samples), Plain, whole grain, flavored – any shape; No fillings or frostings allowed.
- (B) **YEAST BREAD** - (1- loaf) Plain, whole grain, flavored, or other baked in 9x5

or 8x4 -inch loaf pan.

- 461** **SHAPED BREAD** - Any exhibit of hand-shaped bread. Plain, whole grain, flavored, does not include fancy yeast bread with fillings or frosting. Small (pretzels, breadsticks) 5 samples and Large (example: an animal shape bread) 1 sample is needed.

SECTION 31- PIES AND PASTRIES ~

- 462** **PASTRY SHELL- 8-9” size** - use a disposable tin for your exhibit.
- 463** **PIE, 8-9” size** – fruit, (no custard, cream cheese or fillings requiring refrigeration), 2-crust pastry, top crust can be latticed or decorative, no crumb toppings, use a disposable tin for your exhibit.
- 464** **TARTS OR TURNOVERS** - 3 items make an exhibit. Ex. Peach tarts, apple turnovers, etc. (no exhibits requiring refrigeration are allowed). use a disposable tin for your exhibit.

~ SECTION 31-MISCELLANEOUS ~

White Entry Cards & Cloverbuds Yellow Entry Cards

- 465** **HEALTHY BAKED PRODUCT** – An exhibit is any baked product that is made with little sugar, fat or salt, altered using a sugar or fat substitute or gluten free, or other dietary modifications. The recipe must clearly state ingredients and methods used. An explanation of why you made it healthy, made changes to the recipe or used gluten-free or other specialty ingredients must be included. Cookies, loaf bread, cake, cupcake, coffee cake, muffins, pies or other baked items.
- 466** **FOOD TECHNOLOGY EXHIBIT-** Exhibit to include a food product prepared using new technology or a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) Include recipe and why you used this method.
- 467** **HOMEMADE SWEETS from “scratch”** - (5 samples) Not State Fair entry.
- 468** **HERITAGE/CULTURAL FOODS** any baked item associated with cultural customs/tradition of family or country populations. Entry must include: (a) recipe and (b) tradition associated with preparing, serving, eating the food. Cookies, muffins, rolls, cupcakes (5 samples), coffee cake, pie, cake, bread (1 sample) or other baked items. May have frosting or topping if recipe calls for it.
- 469** **HEALTHY SNACK** – This may be an actual food exhibit, poster, photos or may include faux food. The idea is to prepare an example of a healthy snack that you might have yourself or may prepare for friends. Actual food exhibits must be able to be presented without the need of refrigeration. Examples of Healthy Snacks: veggie platter or fruit kabob. Exhibitor entry statement card should include serving size and information about the nutritional value of the snack.
- 470** **PACKED LUNCH** – Entry is to be presented in a lunch bag or box (always good to think about how this will be displayed at your county booth). Display may include photos or pretend food, if actual items will not hold up. Exhibitor entry statement

card must include the following: a) Dietary needs of individual that lunch is for (ex. A 3rd grader will require less food than a high school athlete); b) Facilities available for keeping lunch (ex. Will this be used on a trail ride?).

OTHER FOOD & NUTRITION CLASS

- 471** **PET TREATS** – An exhibit will consist of 3 samples or 1 cup mix of baked treats for dogs, horses, etc. will be evaluated on appearance, smell and texture. Please include an exhibitor entry statement card the reason for the treat such as for your pet, community service project, fund raiser, etc.

MESSAGES ABOUT FOOD

CLASS# *White Entry Cards- Cloverbuds Yellow Entry Cards*

- 472** **EDUCATIONAL POSTER.**- An exhibit is a single poster (14"x 22", minimum size) on any aspect of foods or nutrition. **Examples include** messages that promote Dietary Guidelines, My Pyramid, physical activity, food safety, reading labels and making ingredient choices, or other food and nutrition messages. Entries will be evaluated on the basis of content, composition and effectiveness.
- 473** **EDUCATIONAL EXHIBIT-** An exhibit is a series of 3 or more posters (14" or 22", minimum size) or 3-dimensional display on any aspect of foods or nutritional studies by a group or individual. (*Ex. include science experiments, cultural aspects of food, food preparation skills, positive health practices, or any clearly defined food or nutrition message*). **The display can include** photographs, drawings, food products, food models, equipment, or any materials that help convey the message. The exhibit should be limited to approximately card table size. Entries will be evaluated on the basis of content, composition, and effectiveness. Be prepared to bring card table with exhibit.

RECIPE COLLECTION

- Basic requirement for all collections-** White Entry Cards- Cloverbuds Yellow Entry Cards
- **A)** A minimum of 10 recipes exhibited in a recipe box, notebook, or file box. All information should be printed in ink or typed. If recipes are shown in a file box, everything should be on a card.
 - **B)** Recipes and holder must be the result of current project year's work. Collections will be judged on appearance, organization, additional information given, source and variety. (***Exhibitors are encouraged to select recipes with moderate amounts of sugar and limited amounts of fat***).
- 474** **HEALTHY RECIPE COLLECTION-** At least 10 recipes displayed in a box, notebook, or file folder. Photos or illustrations of finished product may be included. Recipes selected must provide needed nutrients while limiting fat and total calories. **For each healthy recipe please state:** (a) how the key ingredients relate to the My Healthy Plate (b) the nutritional benefit of the recipe (c) the source of the recipe (d) how well the food was liked and (e) any changes you would make in the recipe. **All recipes have been collected & made during this enrollment year.**

475 HERITAGE RECIPE COLLECTION- Collection should depict family or local history representing one or more generations older than you. Can be collected from family, friends, & other community sources. (At least 10 recipes) displayed (box, notebook, or file folder). Photos/illustrations may be included.

For each HERITAGE RECIPE please state: (White or Yellow Entry Card)

- source of recipe
- history related to recipe
- traditions related to preparing
- serving & eating the food for 4 of the 10 recipes –

You will need to indicate how well it was liked after making it. All recipes collected should have been prepared during the current enrollment year.

476 FAVORITE RECIPE COLLECTION - A collection of at least 10 of the exhibitor's favorite recipes. Display in a box, notebook or file folder includes photos or illustrations of finished product. *For each recipe state the source of the recipe, how well it is liked, when and how often it is prepared, and any changes you made to the recipe.* All recipes collected should have been made during the current enrollment year.

477 MENU 4 A DAY - The menu should include a complete listing of all meals and snacks that would be eaten over a one-day period. A description of individual or family for whom meals intended must be included. A typed photo exhibit is recommended, creativity is also encouraged.