

Department 25 Foods & Nutrition/Food Preservation

Regular or Danish Judging System

FOODS & NUTRITION EXHIBITS

FOOD PRESERVATION EXHIBITS

1. Exhibitor is required to carry project which he or she is exhibiting in respective youth organization.
2. Each family member must prepare their own entry. Obvious double entry of a product from the same batch will result in disqualification.
3. All posters to be no smaller than 11 x 14" or larger than 14 x 22."

See current rule book for entry due dates, rules, and judging schedule.

Premium Schedule – All Classes: Blue - \$2.50 * Red - \$2.25 * White - \$2.00 * Pink - \$1.75

FOODS & NUTRITION EXHIBITS

1. *NEW THIS YEAR* Uniform Recipes are NOT required.
2. Attach recipe for all entries and include directions.
3. All recipes to be made from scratch unless otherwise specified.
4. For all entries, place on a paper plate inside a plastic bag or in provided flip top container. Attach entry tags to the OUTSIDE of the bag. No plastic wrap.
5. Pie crusts must be exhibited in foil dish baked in.
6. No frosting or toppings on any entries, except self-determined.

Class A – Beginning Foods & Nutrition – Six Easy Bites – Grades 3-4

Lot Numbers, Class A:

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|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| 1. Colossal Chocolate Chunk Cookies, plate 3 | 8. Microwave Rice Cereal Treats, plate of 3 |
| 2. Brownies, homemade, plate of 3 | 9. Poster showing USDA's My Plate and how it relates to good nutrition, or food safety principles. |
| 3. Pancakes, plate of 3 | 10. Exhibitor designed recipe box or book with at least 10 recipes member has tried throughout the year. |
| 4. Granola Bars, plate of 3 | 11. Any self-determined project not listed above (no food preservation entries) |
| 5. Plain Muffin, plate of 2 | |
| 6. Easy No Bake Cookies, plate of 3 | |
| 7. White Cake Mix (any brand,) 4" square on plate including outside edge and corner | |

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Class B – Advanced Beginners Foods & Nutrition – Tasty Tidbits – Grades 5-6

Lot Numbers, Class B:

1. Chocolate Cake, homemade, 4" square on plate including outside edge and corner
2. Peanut Butter Cookies, plate of 3
3. Dried Banana Chips, bag of 10
4. Pretzels, plate of 3
5. Oatmeal Sugar Cookies, plate of 3
6. Baking Powder Biscuits, plate of 3
7. Chocolate Chip Cookies, plate of 3
8. Cornmeal Muffins, plate of 2
9. Microwave Fudge Brownies, plate of 3
10. Whole Wheat Muffin, plate of 2
11. Yellow Cupcakes, plate of 3
12. Poster on smart food purchasing, freezing foods, or comparing costs of convenience foods.
13. Exhibitor designed recipe box or book with at least 10 recipes member has tried throughout the year.
14. Any self-determined project not listed above (no food preservation entries)

Class C – Intermediate Foods & Nutrition – You're The Chef – Grades 7-9

Lot Numbers, Class C:

1. Banana Bread, 1/3 of loaf from one end
2. Breadsticks, plate of 3 – 6
3. Carrot Cake, homemade, 4" square on plate including outside edge and corner
4. White Bread, 1/3 of loaf from one end
5. Refrigerator Cookies, plate of 3
6. Shortcake, ¼ section
7. Gingersnap Cookies, plate of 3
8. Quick Yeast Buns, plate of 3
9. Poster showing a food experiment conducted during project, preparing meal or low-fat meals.
10. Exhibitor designed recipe box or book with at least 10 recipes member has tried throughout the year.
11. Any self-determined project not above (no food preservation entries)

Class D – Advanced Foods & Nutrition – Foodworks – Grades 10-12

Lot Numbers, Class D:

1. Pie Crust, in disposable aluminum pie plate
2. Beef Jerky
3. Rolled Sugar Cookies, plate of 3
4. Yeast Cinnamon Rolls, own recipe, plate of 3
5. Cream Puffs, no filling, own recipe, 2 on plate
6. White Angel Food Cake, homemade, own recipe, 1/3 of cake
7. Bar, any variety, own recipe, plate of 3
8. Lemon Pound Cake, own recipe, 1/3 cake
9. Plain Spritz Cookies, own recipe, plate of 3
10. Microwave One Crust Pastry
11. Poster on any aspect of food safety, careers in the food industry, comparing costs of eating out vs. eating at home, or tips for microwave cooking.
12. Exhibitor designed recipe box or book with at least 10 recipes member has tried throughout the year.
13. Any quick breads, 1/3 of loaf from one end
14. Any self-determined project not above (no food preservation entries)

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FOOD PRESERVATION AND CANNING EXHIBITS

1. Bring one jar for each entry.
2. Use only standard canning jars.
3. Label will be provided and must be attached to jar stating:
 - a. Method of preservation, such as hot water bath or pressure canner.
 - b. Date and time of processing (processing time means amount of time it took to process)
 - c. For Recipe Source include any that apply: name of cookbook, date of publication, page number
 - d. State whether it's hot or cold pack
4. Rings must be removed from jars.
5. Jelly and jams must be in standard jelly jars with self-sealing lid, not to be larger than ½ pint.
6. No paraffin.
7. All products must be made after previous fair.
8. **Recipes from Ball Blue Book and most recent publications from UW-Extension are required.**

Class E – Food Preservation

Lot Numbers, Class E:

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| 1. Applesauce | 14. Other berries, specify on label |
| 2. Apples, quartered or halved | 15. Peaches |
| 3. Beets | 16. Pie Filling, specify variety on label |
| 4. Carrots | 17. Raspberries, red or black |
| 5. Cherries, pitted | 18. Rhubarb |
| 6. Cooked Jam, strawberry | 19. Salsa |
| 7. Cooked Jam, raspberry | 20. Sweet Corn, off cob |
| 8. Cooked Jam, all other | 21. Sweet Pickles |
| 9. Cooked Jelly, any variety | 22. Tomato Juice |
| 10. Dill Pickles, fermented | 23. Tomatoes, whole or quartered |
| 11. Dill Pickles, fresh packed | 24. Yellow Wax Beans, cut |
| 12. Fruit Juice, specify variety on label | 25. Any self-determined project not above |
| 13. Green Beans, cut | |