



Taylor County Cooperative Youth Fair

Dept. 25 Foods & Nutrition/Food Preservation

Foods & Nutrition/Food Preservation Exhibits:

1. Exhibitor is required to carry the project which he or she is exhibiting in their 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"x14" or larger than 14"x22"..

See website for entry due dates, rules, and judging schedule.

Premium Schedule Classes A-E: Blue - \$3.00 * Red - \$2.75 * White - \$2.50 * Pink - \$2.25

Foods & Nutrition Exhibits:

1. 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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| <ol style="list-style-type: none">1. Chocolate Chunk Cookies, plate 32. Brownies, homemade, plate of 33. Pancakes, plate of 34. Granola Bars, plate of 35. Plain Muffin, plate of 26. Easy No Bake Cookies, plate of 37. White Cake Mix (any brand,) 4" square on plate including outside edge and corner8. Rice Cereal Treats, plate of 39. Candy including fudge, plate of 310. Poster showing USDA's My Plate and | <ol style="list-style-type: none">how it relates to good nutrition.11. Exhibitor designed recipe box or book with at least 10 recipes the member has tried throughout the year.12. Poster of a nutritious snack, stating why it is nutritious, list vitamins, minerals, protein, etc.13. Poster or display of food safety14. Poster or display of safe meat temperatures15. Special dietary item (ex. diabetic, gluten free, egg-less, high fiber, etc.) |
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16. Any self-determined project not listed above (no food preservation entries or

decorated cakes)

**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. Pretzels, plate of 3
4. Oatmeal Sugar Cookies, plate of 3
5. Baking Powder Biscuits, plate of 3
6. Chocolate Chip Cookies, plate of 3
7. Cornmeal Muffins, plate of 2
8. Fudge Brownies, plate of 3
9. Whole Wheat Muffin, plate of 2
10. Yellow Cupcakes, plate of 3
11. Candy including fudge, plate of 3
12. Poster on smart food purchasing, freezing foods, or comparing costs of convenience foods.
13. Poster of a nutritious snack, stating why it is nutritious, list vitamins, minerals, protein, etc.
14. Poster or display of food safety
15. Poster or display of safe meat temperatures
16. Exhibitor designed recipe box or book with at least 10 recipes member has tried throughout the year.
17. Special dietary item (ex. diabetic, gluten free, egg-less, high fiber, etc.)
18. Any self-determined project not listed above (no food preservation entries or decorated cakes)

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. Candy including fudge, plate of 3
10. Poster showing a food experiment conducted during the project, preparing meals or low-fat meals.
11. Poster of a nutritious snack, stating why it is nutritious, list vitamins, minerals, protein, etc.
12. Poster or display of food safety
13. Poster or display of safe meat temperatures
14. Exhibitor designed recipe box or book with at least 10 recipes that the member has tried throughout the year.
15. Special dietary item (ex. diabetic, gluten free, egg-less, high fiber, etc.)
16. Any self-determined project not above (no food preservation entries or decorated cakes)

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

Lot numbers, Class D:

1. Pie Crust, in disposable aluminum pie plate
2. Rolled Sugar Cookies, plate of 3
3. Yeast Cinnamon Rolls, own recipe, plate of 3
4. Cream Puffs, no filling, own recipe, 2 on plate
5. White Angel Food Cake, homemade, own recipe, 1/3 of cake
6. Bar, any variety, own recipe, plate of 3
7. Lemon Pound Cake, own recipe, 1/3 cake
8. Plain Spritz Cookies, own recipe, plate of 3
9. Candy including fudge, plate of 3
10. 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.
11. Poster of a nutritious snack, stating why it is nutritious, list vitamins, minerals, protein, etc.
12. Poster or display of food safety
13. Poster or display of safe meat temperatures
14. Exhibitor designed recipe box or book with at least 10 recipes member has tried throughout the year.
15. Any quick breads, 1/3 of loaf from one end
16. Special dietary item (ex. diabetic, gluten free, egg-less, high fiber, etc.)
17. Any self-determined project not above (no food preservation entries or decorated cakes)

Class E – Food Preservation

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 a self-sealing lid, not to be larger than ½ pint.
6. No paraffin.

7. All products must be made after the previous fair.
8. **Recipes from Ball Blue Book and most recent publications from UW-Extension are required.**

Lot numbers, Class E:

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| 1. Applesauce | 16. Pie Filling, specify variety on label |
| 2. Apples, quartered or halved | 17. Raspberries, red or black |
| 3. Beets | 18. Rhubarb |
| 4. Carrots | 19. Salsa |
| 5. Cherries, pitted | 20. Sweet Corn, off cob |
| 6. Cooked Jam, strawberry | 21. Sweet Pickles |
| 7. Cooked Jam, raspberry | 22. Tomato Juice |
| 8. Cooked Jam, all other | 23. Tomatoes, whole or quartered |
| 9. Cooked Jelly, any variety | 24. Yellow Wax Beans, cut |
| 10. Dill Pickles, fermented | 25. Peas |
| 11. Dill Pickles, fresh packed | 26. Meat |
| 12. Fruit Juice, specify variety on label | 27. Fish |
| 13. Green Beans, cut | 28. Spaghetti sauce |
| 14. Other berries, specify on label | 29. Sauerkraut |
| 15. Peaches | 30. Any self-determined project not above |

Class F – Dehydrated Foods

Dehydrated Foods Exhibits:

1. All food must have been dehydrated within the last year
2. Exhibit ½ cup of dehydrated herb product in zip type plastic bag
3. Dehydrated foods will not be returned to exhibitor
4. Tape or staple the following information to the bag on a 3x5” index card
 - a. Class
 - b. Name of Product
 - c. Date dehydrated
 - d. Pretreatment if necessary (explain what was done and why)
 - e. Method of dehydration (solar is not recommended)
 - f. Dehydrating temperature
 - g. Length of time dehydrated.

Lot numbers, Class F:

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|-----------------|--------------------------------|
| 1. Apples | 5. Fruit leather |
| 2. Bananas | 6. Other fruit label, contents |
| 3. Strawberries | 7. Carrots |
| 4. Peaches | |

8. Onions
9. Peppers
10. Corn
11. Tomatoes
12. Other vegetable, label contents
13. Parsley
14. Other herb, label contents.
15. Meat Jerky, label contents
16. Any other self determined project not listed above.

