

# DEPARTMENT 025 – FOODS AND NUTRITION

Fair Year: 2019

Entries must be made by July 31 of exhibit year. Foods & Nutrition, Food Preservation, and Cake Decorating Divisions: face-to-face judging on the Thursday before the fair, between 4:00-8:00 pm.

Exhibitors are limited to ten (10) entries in Dept. 025.

Poster size: 14"x22". Tri-fold displays are not allowed.

All entries must be the work of the exhibitor. Sisters and brothers of the same family will not be permitted to enter the same premium number, except in Cake Decorating Division.

All entries must be brought on disposable, ready-for-display containers. Containers will not be provided.

Perishable food products become property of the Calumet County Fair Association, except in the Meal Day Division, where exhibitors are allowed to take home the exhibit after it is judged and photographed.

Meal Day and Foods & Nutrition: Open to youth enrolled in the 4-H Foods & Nutrition project or youth of other groups doing equivalent work.

## DIVISION 210 – MEAL DAY

Face-to-face judging: date, time, and location announced in June 4-H Newsletter. Need to register for this event by contacting the UW-Extension office, and list on fair entry blank to receive premium.

Entries must be prepared and displayed by exhibitor; no pre-packaged mixes.

Entries (for exhibitors in 3<sup>rd</sup> grade and older) must display one main dish with recipe on 3"x5" card, meal menu, a place setting, and a place mat / table cloth and centerpiece, corresponding to meal theme.

Participants may use 4-H project books for recipe ideas or favorite family recipes.

**Class No.** Premiums: \$3.00 - \$2.75 - \$2.50 - \$2.25

1. Healthy breakfast
2. Lunch menu
3. Dinner menu
4. Special occasion meal
5. International meal
6. Tailgate party

## DIVISION 211 – FOODS & NUTRITION

All entries for the fair should be thoroughly cooled before packaging on a disposable plate in a Ziploc bag. Raw eggs may NOT be used in unbaked items. Nuts may not be used in Brownies, Cookies and Cakes; Muffins and Breads; and Pies entries.

No mixes are permitted, unless specified.

### HEALTHY SNACKS

**Class No.** Premiums: \$2.00 - \$1.75 - \$1.50 - \$1.25

1. Granola bars, plate of 4
2. Dried banana chips, clear bag of 6 chips
3. Fruit leather, clear bag of 6 pieces
4. Any other nutritious snack (minimum of 2-5 ingredients)
5. Fruit with homemade dip
6. Vegetable with homemade dip
7. Homemade peanut butter, small container
8. Beef jerky, plate of 4
9. Any other nutritious snack (minimum of 6 ingredients)

### BROWNIES, COOKIES & CAKES

Do not use frosting on any entries.

**Class No.** Premiums: \$2.00 - \$1.75 - \$1.50 - \$1.25

10. Brownies from a mix, plate of 4 (1<sup>st</sup> year foods exhibitors only)
11. Brownies, no mixes, plate of 4
12. Chocolate chip cookies, plate of 4
13. Drop oatmeal cookies, plain, plate of 4
14. Peanut butter cookies, plate of 4
15. Healthy cookies (low salt, low fat, or low sugar), plate of 4, include recipe and statement explaining why it's healthy

16. Any other cookie or bar, plate of 4
17. Chocolate cake from a mix, ¼ cake (1<sup>st</sup> year foods exhibitors only)
18. Chocolate cake, replace oil with applesauce, ¼ cake
19. White angel food cake from a mix, ¼ cake (1<sup>st</sup> year exhibitors only)
20. Sponge cake, ¼ cake
21. Healthy cake (low salt, low fat, or low sugar), ¼ cake, include recipe and statement explaining why it's healthy
22. Any other cake, ¼ cake

### MUFFINS & BREADS

**Class No.** Premiums: \$2.00 - \$1.75 - \$1.50 - \$1.25

23. Plain muffin, plate of 4
24. Jelly-filled muffins, plate of 4
25. Any other muffin, plate of 4
26. Pretzels – baking powder, plate of 4
27. Pretzels – yeast, plate of 4
28. Biscuits – baking powder, plate of 4
29. Breadsticks, plate of 4
30. Banana bread, ¼ loaf
31. Yeast dinner rolls, 4 different shapes
32. White yeast bread, ¼ loaf
33. Whole wheat yeast bread, ¼ loaf
34. Any bread machine bread
35. Any other non-bread-machine bread

### PIES

Bring pies in disposable aluminum pans that are full size. All pies except lemon and cream, should have double crusts.

All entries must be made by the exhibitor; NO store bought pie filling or crust.

**Class No.** Premiums: \$2.00 - \$1.75 - \$1.50 - \$1.25

36. Pie crust
37. Apple pie
38. Cherry pie
39. Peach pie
40. Lemon pie
41. Cream pie
42. Any other double crusted pie
43. Any other single crusted pie

### CANDY

**Class No.** Premiums: \$2.00 - \$1.75 - \$1.50 - \$1.25

44. Chocolate fudge – plate of 4
45. Peanut butter balls – plate of 4
46. Angel food candy – plate of 4
47. Peanut brittle – plate of 4
48. English toffee – plate of 4
49. Hay stacks – plate of 4
50. Hand dipped chocolate – plate of 4
51. Bark, any flavor – plate of 4
52. Caramels – plate of 4

### EDUCATIONAL EXHIBITS

**Class No.** Premiums: \$2.00 - \$1.75 - \$1.50 - \$1.25

53. Food Chain mobile
54. Poster or display on any foods and nutrition topic
55. Recipe box or cookbook, compiled by member

### DAIRY FOOD PROMOTION

Entries must contain at least 2 dairy products (1/2 cup each, or more). Recipe card with complete instructions and ingredients must be attached.

Dairy products must be underlined with a red marker. This class has NO restrictions on frostings, nuts, etc.

**Class No.** Premiums: \$2.00 - \$1.75 - \$1.50 - \$1.25

56. Bars (3) 2"x2"
57. Cookies (4)
58. Torte, (4) 2"x2"
59. Quick bread, ½ loaf

## DIVISION 212 – FOOD PRESERVATION

Open to youth enrolled in the 4-H Food Preservation project or youth of other groups doing equivalent work.

Entries must be preserved after last year's fair.

Exhibitors must follow processing guidelines from the National Center for Home Food Preservation at <http://www.uga.edu/nchfp>. These guidelines will include specifications for approved processing methods, containers, lids, etc.

Canned exhibits must have rings removed for exhibiting. To be eligible for judging the following label must be completed:

- Name of Product
- Date Canned
- Method of Preparation
- Processing Time
- Method of Processing

Dried exhibits must have 6 pieces in a clear plastic sandwich bag. To be eligible for judging the following label must be completed:

- Name of Product
- Date of Drying
- Time of Processing

**Class No.** Premiums: \$2.00 - \$1.75 - \$1.50 - \$1.25

### CANNING

1. Tomatoes
2. Tomato juice
3. Wax beans
4. Green beans
5. Peas
6. Beets
7. Sweet corn off cob
8. Berries
9. Peaches
10. Pears
11. Apples
12. Applesauce
13. Cherries
14. Jam, any variety
15. Jelly, any variety
16. Jelly, without added pectin, any variety
17. Beet pickles
18. Dill pickles
19. Sweet/sour pickles
20. Relishes
21. Salsa
22. Any other canned item
23. Refrigerator pickles

### DEHYDRATED/DRIED FOODS

40. Dried apple slices
41. Dried carrot slices
42. Dried parsley
43. Homemade pasta
44. Any other dried food

## DIVISION 213 – CAKE DECORATING

Open to youth enrolled in the 4-H Cake Decorating project or youth of other groups doing equivalent work.

All decorated cakes/cupcakes must be in clear covered box or disposable container.

All cakes must be real cake with frosting. If you use coconut, a card must be attached clearly noting this.

Note: All cakes will be sold at the 4-H Foods Auction on Friday, so if you use any pillars / decoration / carriers, they are sold with the cake.

**Class No.** Premiums: \$3.00 - \$2.75 - \$2.50 - \$2.25

1. Six (6) or more decorated cupcakes
2. Single layer cake with edible toppings
3. Multi-layer cake with edible toppings
4. Single layer cake with any combination of decorations
5. Multi-layer cake with any combination of decorations

6. Cake using only frosting tips (1-2 different tips/techniques)
7. Cake using only frosting tips (at least 3 different tips/techniques)
8. Poster or display on cake decorating techniques

**Additional Award:**  
Dwane & Betty Ott  
*Decorated Cake Award*

#### **4-H FOODS AUCTION**

The 4-H Foods Auction will be held on Friday of the Fair at 5:00 pm in the Family Entertainment Tent. Only Junior Foods pies and cakes will be sold during the live foods auction. For an exhibitor to receive half of their sale proceeds, they must be present to showcase their entries at the auction. Exhibitors are strongly encouraged to recruit buyers and send thank-you cards to the buyer of their entry.

All other perishable Junior Foods items will be displayed on a table for buyers to purchase via free will donation, much like a bake sale.

All proceeds from the live auction and bake sale will be donated to the 4-H Leaders Council.