

Foods

Department E

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General Rules

- A. Members may exhibit only in the project in which enrolled.
- B. Only one exhibit per class number.
- C. All products must be homemade and the product of the exhibitor.
- D. Labels - For all Food Products and Food Preservation Entries - Each exhibit must include the recipe. Recipe may be handwritten, photocopied or typed. Place the food on the appropriate size plate. Put exhibit in a self sealing bag. Attach entry tag and recipe at the corner of the bag on the outside. For non-food entries, please attach the entry tag to the upper right hand corner of the entry. **General Labeling Information** - All additional information pieces (recipes, special items) must be labeled with exhibitor's name and county.
- E. Exhibits are on display for several days. Please limit exhibits to products which hold up well. Items that require refrigeration will not be accepted, judged or displayed. Food products must be unquestionably safe to eat when they are entered, whether tasted or not. Egg glazes on yeast products before baking are allowed. Glazes, frostings, and other sugar based toppings are also considered safe due to the high sugar content. Eggs incorporated into baked goods or crusts and cheeses mixed into bread dough are considered safe. Cream cheese fillings or melted cheese toppings may result in an unsafe food product by the time the item is judged due to unpredictable heat/and or weather conditions and will be disqualified. ****Commercially prepared mixes are allowed *only* in the Tasty Tidbits Creative Mixes (Class E410002) exhibit.****
- F. Entries per individual for State Fair. The State Fair limits one entry per exhibitor per class. Limit of three per exhibitor in Foods and Nutrition.

Division E400, Road to Good Cooking

- E400101 Oatmeal Cookies (any recipe) – 4 on a small paper plate
- E400102 Table Setting Poster. See manual page 22. Follow guidelines for Posters. See Posters, Dept. B in fair book.

Division E401, Six Easy Bites

- E401001* Cookies (any recipe)-Four on a small paper plate.
- E401002* Muffins (any recipe)-Four on a small paper plate.
- E401003 Simple Snack (any recipe) – (granola, trail mix, cereal based snack recipes, etc.) two bars on small paper plate or at least ½ cup of snack product in self-sealing zip lock bag.

Division E402, Fast Foods!

- E402001* Coffee Cake (any recipe or shape, non yeast product) - At least 3/4 of baked product. May be exhibited in a disposable pan. Include menu for a complete meal where this recipe is served.
- E402002* Cost Comparison Exhibit – Exhibit must include a food product made from scratch and a cost comparison to a similar commercial pre-made item (for example, homemade cinnamon rolls compared to a pre-made cinnamon roll purchased at the store). Supporting information needs to include the cost of the food item made compared to the commercial product and the recipe for the homemade food item. See pages 22 – 35 of Fast Foods Manual relating to the Grocery Store Tour and the Store Shopper Tip Sheet listed on page 31. If the 4-Her does not exhibit a food item in this class, it will be lowered a ribbon placing.
- E402003* Food Technology Exhibit - Exhibit must 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.). Entry must include supporting information that discusses new method and how it compares with traditional method. If 4-Her doesn't exhibit a food item in this class, it will be lowered a ribbon placing.
- E402004* Fast Foods Menu Planning – 4Her develops exhibits that aid in menu planning. May be a menu that is developed for at least five meals, a recipe file, or a poster that is related to what is

learned in the Fast Foods project. Consider creativity and neatness. Menu plan may be mounted on colored paper or poster board or displayed in a clear plastic binder. Refer to pages 16-19 and 60-63 in the Fast Foods Manual. Attach an evaluation found on page 64 for two or more on the menus you have prepared.

- E402005* Fast Foods Recipe File – Collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. As additional 10 recipes may be added each year 4Her is in project with year clearly marked on recipes. Display in recipe file or in a clear plastic binder.

Division E300, YOUth in Motion

- E300001* YOUTH in Motion Poster, Scrapbook, or Photo Display about the 4Her's family or self involved in a physical activity or concept/lesson involving this project. This might contain pictures, captions, and/or reports about the physical activity the individual or family did as a result of taking this project.
- E300002* Activity Bag – A duffel bag or backpack that the 4Her packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean, clearly labeled and an explanation of why it is included in the Activity Bag. DO NOT put valuable items (ie: electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.
- E300003* YOUTH in Motion Healthy Snack Recipe File – Collection of 10 recipes from any source. Each recipe must accompany a complete snack menu in which the recipe is used following the idea that a healthy snack included foods from at least two different food groups. An additional 10 recipes may be added each year 4Her is in project with year clearly marked on recipes. Consider creativity and neatness. Display in recipe file or box, or in a clear plastic binder.
- E300004* Exercise Review – Interview someone in your life that you have chosen to be active with or someone that you admire that is physically active. Why do they enjoy their exercise program? What are their goals? Why do you admire them? Maximum of two pages, one-sided write up of an interview with someone who has an active exercise program. Consider creativity and neatness. Mount on a 9" x12" colored paper or poster board, or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9" x 12".
- E300005* Healthy Snack – see ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc. on a paper plate, or at least 1 cup of mix (examples might include: granola bars, homemade crackers or chips). Supporting information to include recipe and snack menu, and why this snack menu might be considered a healthy snack.

Division E410, Tasty Tidbits

- E410001* Healthy Baked Product – Baked goods must be made with less sugar, fat or salt, or altered using a sugar or fat substitute. Include original recipe and altered recipe. Exhibit must include $\frac{3}{4}$ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Tell what you learned about products made from a modified recipe in supporting information..
- E410002* Creative Mixes - (any recipe, at least $\frac{3}{4}$ of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan.) Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. (Ex. Poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from ready made bread dough, monkey breads from biscuit dough, streusel coffee cake from a cake mix, etc.) Tell what you learned about making this product using a pre-measured mix instead of a recipe from scratch. Does it make it better or easier to use a mix?
- E410003* Biscuits - Four biscuits on a small paper plate. This may be any type of biscuit - rolled, dropped, any recipe.
- E410004* Foam Cake – original recipe (no mixes) of at least $\frac{3}{4}$ of the cake. Foam cakes are cakes that have a high ratio of eggs to flour and fall into three categories: angel food cakes or meringues, sponge or jelly roll cakes, and chiffon cakes.

Division E411, You're the Chef

- E411001* Loaf Quick Bread (any recipe) – At least $\frac{3}{4}$ of a standard loaf displayed on a paper plate. A standard quick bread loaf measures approximately 8 $\frac{1}{2}$ " x 4 $\frac{1}{2}$ " or 9" x 5".
- E411002* White Bread (any yeast recipe or method other than bread machine) - At least $\frac{3}{4}$ of a standard loaf displayed on a paper plate.
- E411003* Whole Wheat or Mixed Grain Bread (any yeast recipe or method other than bread machine) - At least $\frac{3}{4}$ of a standard loaf displayed on a paper plate.
- E411004* Specialty Rolls - 4 rolls on a paper plate. May be sweet rolls, English Muffins, Kolaches, Bagels, or any other sweet roll recipe. Recipe must include yeast.
- E411005* Dinner Rolls - 4 rolls on a paper plate. May be Clover Leaf, Crescent, Knot, Bun, Bread Sticks, or any other type of dinner roll.

Division E413, Foodworks

- E413001* Double Crust Fruit Pie - Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings. May be a double crust, crumb, or lattice topping. Using an 8- or 9-inch disposable pie pan is recommended. .
- E413002* International Foods Display Exhibit. Baked product from another country or culture with at least one accessory typical of that country. The name of the country or culture should be a prominent part of the display. Include the recipe of the baked item. Explain what was learned about the culture and country, what makes this recipe unique to the country, and when this recipe is served. Attach to the recipe card. Attach exhibitor's name and county to the display, each accessory item and recipes cards. Display in a suitable container that allows for item to be transported and displayed. Should be displayed in an area no larger than 12" deep by 15" wide and 10" high. Accessory items should be securely attached. Exhibit will be judged on creativity and imagination. Consider accessories other than dolls. Baked item will be sampled by judges, so it should be bread, rolls, cookies, etc., not casseroles, cream pies, etc. County Fair is not responsible for lost or stolen accessories.
- E413003* International Food Exhibit (any recipe) - Four cookies, bars, muffins, etc., on a paper plate. The name of the country or culture should be included as part of the supporting information with the recipe.
- E413004* Interview A Caterer - Maximum of two pages, one-sided write up of an interview with a caterer. Consider creativity and neatness. Mount on a 9" X 12" colored paper or poster board, or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9 X 12 inches.
- E413005* Specialty Bread (any recipe made with yeast) – Tea rings, braids, or any other specialty bread products must be exhibited whole.
- E413006* Specialty Pastry (any recipe) – pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, Danish, strudels. Four on a paper plate or at least $\frac{3}{4}$ of baked product. Pastries made with cream or egg based filling will be disqualified. Phyllo dough may be pre made or from scratch.

FOOD PRESERVATION RULES

- A. **Processing methods.** Current USDA processing methods must be followed for all food preservation. Jam, preserves and marmalades, fruit, tomatoes and pickled products must be processed in a boiling water bath. (Tomatoes may be processed in a pressure canner.) All non-acid vegetables and meats must be processed in a pressure canner. Spoiled or open container disqualifies entry.
- B. **Uniformity.** Jars and type of lid should be the same size, all small or large, not necessarily the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated by the exhibitor in any way. Canning jars must be used - others will be disqualified. No one-fourth pint jars allowed. Leave jar rings on for fair display, it helps protect the seal. No zinc lids.
- C. **Labeling.** Label jars with name of product, type of pack (hot or cold), processing method and time, pounds of pressure (low acid food), altitude where product was processed, name and county of exhibitor. Write plainly on a label and paste or tape securely on jar bottom. Specialized sticky labels not required. Label dried food articles with recipe and method of pretreatment, drying method and drying time. Write plainly on label and paste or tape securely to back of a self sealing bag. Securely attach official entry card to exhibit. Multiple jar exhibits should be contained in a small undecorated box. Use a rubber band or "twisty" to keep exhibit containing 3 self sealing bags together. Be sure to adjust time and pressure for county altitude. All food entries must include recipe and source of recipe.

- D. **Current project.** All canning must be the result of this year's 4-H project, since September 1, 2007.
- E. **Criteria for judging.** Exhibits will be judged according to score sheets available at your local Extension office. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered one class ribbon. Check with your local extension office for your county's altitude and how that affects food processing times and pounds of pressure.
- F. The Box Butte County Fair Board, University of Nebraska Box Butte County Extension or Box Butte County 4-H Council are not responsible for lost, damaged or broken exhibits.

Division E407, Food Preservation

- E407001* Dried Fruit - Exhibit 3 different examples of dried fruit. Place each dried fruit food (6-10 pieces of fruit, minimum 1/4 cup) in separate self sealing bags. Use a rubber band or "twisty" to keep exhibit together. See Rule C for special labeling instructions.
- E407002* Fruit Leather - Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit leather in self sealing bags. Use a rubber band or "twisty" to keep exhibit together. See Rule C for special labeling instructions.
- E407010* Dried vegetables - Exhibit 3 samples of dried vegetables. Place each food (1/4 cup of each vegetable) in a separate self sealing bag. Use a "twisty" to keep exhibit together. See Rule C for special labeling instructions.
- E407011* Dried herbs - Exhibit 3 samples of dried herbs. Place each food (1/4 cup of each herb) in a separate self sealing bag. Use a "twisty" to keep exhibit together. See Rule C for special labeling instructions.
- E407012* 1 Jar Fruit Exhibit - One jar of a canned fruit. See Rule C for special labeling instructions.
- E407013* 3 Jar Exhibit - Exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, ex. Applesauce, canned apples, apple pie filling, etc. See Rule C for special labeling instructions.
- E407014* Jar Tomato Exhibit - One jar of a canned tomato product. See Rule C for special labeling instructions.
- E407015* 3 Jar Tomato Exhibit - Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.) See Rule C for special labeling instructions.
- E407020* 1 Jar Vegetable or Meat Exhibit - One jar of a canned vegetable or meat. Include only vegetables canned in a pressure canner. See Rule C for special labeling instructions.
- E407021* 3 Jar Exhibit - Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner. See Rule C for special labeling instructions.
- E407022* Quick Dinner - Exhibit a minimum of 3 jars to a maximum of 5 jars (all the same size) plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3" X 5" file card and attach to one of the jars. See Rule C for special labeling instructions.
- E407030* 1 Jar Pickled Exhibit - One jar of a pickled and/or fermented product. See Rule C for special labeling instructions.
- E407031* 3 Jar Exhibit - Three jars of different kinds of canned pickled and/or fermented products. See Rule C for special labeling instructions.
- E407040* 1 Jar Jelled Exhibit - One jar of a jam, jelly or marmalade. See Rule C for special labeling instructions.
- E407041* 3 Jar Jelled Exhibit - Three different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size). Entry must be processed in the boiling water bath according to current USDA recommendations. See Rule C for special labeling instructions.

Division E415, Other Foods Projects

- E415099 Other Food Exhibit- Not eligible for State Fair or County Fair Division Awards. Must meet guidelines stated in Project manual.

Division E420, Cake Decorating (County Project)

Exhibitors in Unit 1 may decorate a Styrofoam shape (form), or a cake made by someone else. All others must bake the cake themselves. Put on disposable, covered cardboard. One entry per class in only one unit. Units are progressive and exhibitors may not go back to previous units. Cakes should be no larger than 16" square. The following must be specified on a 3 x 5 card: occasion for cake; tips used; techniques

used and number of years in cake decorating. Frozen cakes must be completely thawed at entry time. These cakes will be entered and judged with other food projects on Wednesday and will not be eligible for the cake auction!

UNIT 1

- E420001 One layer decorated cake using two decorating tips.
- E420002 Novelty Cake using character or shaped pan, two decorating tips.
- E420003 Sample Cake Board demonstrating at least 1 technique from 3 different categories.
 - Category A: Basic Borders – dots, balls, stars, rosettes, shells or zigzag.
 - Category B: Message – printed, may use round or star tips.
 - Category C: Drop Flower with center – star or swirled
 - Category D: Leaves.
- E420004 Cake Portfolio Book - Include pictures of 5 cakes decorated by 4-Her. Each picture should have accompanying information including: a) occasion for cake, b) type of frosting, c) tips name and number used and d) technique used.

UNIT II

- E420005 Two layer decorated cake using unlimited tips.
- E420006 Novelty Cake using character or shaped pan, using 3 or more tips.
- E420007 Two layer decorated cake using fondant frosting.
- E420008 Sample Cake Board demonstrating at least 3 techniques from 3 different categories
 - Category A: Figure piping – clowns, people, animals etc.
 - Category B: Flowers made on a flat surface, not on a nail – sweet peas, rosebuds, half roses etc.
 - Category C: Borders – reverse shells, grass, ruffles, ribbons bows, puffs
 - Category D: Side decorations – dots or stars, scrolls, reverse shell, “c” scroll, fleur-de-lis
 - Category E: Message – script (not printed) may use round or star tips.
- E420009 Cake Portfolio Book – A continuation of the Unit 1 portfolio. Include an additional 5 photos (total 10 including Unit I pictures) of cakes created by 4-Her. A progression of skill and difficulty should be shown. Each picture should have accompanying information including: a) occasion for cake, b) type of frosting, c) tips name and number used and d) technique used.

UNIT III

- E420010 2 or 3 tiered, stacked cake or combination tiered or stacked. Each tier or stack must be 2 layers. Plastic separators may be used
- E420011 One or two layer cake decorated with flowers made on a flower nail.
- E420012 Original shaped cakes (ex. Butterfly) from a cut up cake baked in a round, square, heart, rectangle or a combination to make a new shape. May decorate using unlimited tips.
- E420013 Sample cake board demonstrating at least 3 techniques from each categories
 - Category A: Fancy borders – ruffled garland and reverse shells, shell and flute, puff and flower, zigzag, garland and string work or other border combinations.
 - Category B: Nail flowers – Daffodils, violets, lily bluebells daisies, chrysanthemums, roses, wild flowers, etc.
 - Category C: Design techniques – basket weave, string work, lattice work, cornelli and other laces etc.
- E420014 Cake Portfolio Book – A continuation of the Unit II portfolio. Include an additional 5 photos (total 15 including Unit I and II pictures) of cakes created by 4-Her. A progression of skill and difficulty should be shown. Each pictures should have accompanying information including: a) occasion for cake, b) type of frosting, c) tips name and number used and d) technique used.

UNIT IV

- E420015 Exhibit a cake using one of the following skills:
 - figure piping
 - fondant/gum paste
 - cone figures
 - sugar molds
 - marzipan
 - filigree work
- E420016 Exhibit a cake using another skill listed above.
- E420017 Cake Portfolio Book – A continuation of the Unit III portfolio. Include an additional 5 photos (total 20 including Unit I, II and III pictures) of cakes created by 4-Her. A progression of skill

and difficulty should be shown. Each pictures should have accompanying information including: a) occasion for cake, b) type of frosting, c) tips name and number used and d) technique