Food/Nutrition - Dept. 21 4-H

FOOD ENTRY/JUDGING: Thursday, July 20, Noon-2:30 pm, EH
CAKE DECORATING ENTRY/JUDGING: Thursday, July 20, Noon-2:30 pm, EH
TABLESETTING SET-UP and SIGN-UP FOR JUDGING: Thursday, July 20, 8:30-10:45 am, EH. Sign-up for judging is also available Wednesday evening, July 19th during fair set-up from 4:00–6:00 pm. EH
TABLESETTING JUDGING: Thursday, July 20, Noon-2:30 pm, EH
FOODS SUPERINTENDENT: AMY JOHNSTON
TABLE SETTINGS SUPERINTENDENTS: AMY JOHNSTON
FOODS JR. SUPERINTENDENTS: Joel Johnston, Katelyn Sage, Ella Atwood
CAKE DECORATING JR. SUPERINTENDENTS: Clara Johnston, Grace Johnston, Joel Johnston, Katelyn Sage, Ella Atwood
Helpers: Lisa Martin, EFNEP Nutrition Assistants

★ 4-Hers ages 7-19 are judged by consultation.

★ 4-H Cloverbuds show and share is NOT judged in the Food/Nutrition Department.

1. One copy of the recipe is required for all food exhibits. Recipes will be kept with purple winners to be on display if your entry is selected Grand or Reserve.
2. Prepare a label for each exhibit and tape it to the bottom of the plate. Labels may be obtained from the Extension Office.
3. Exhibitors may enter 3 non-perishable items, (which includes classes 440, 4300, 4302, 4304, and 4306, 1 educational display, and 1 table setting.
4. The basis of the baking contest is to teach the science of baking and mastery of skills. Products are expected to be made from scratch. No cake mixes, prepared frostings or other prepared mixes should contribute significantly to the product, WITH THE EXCEPTION OF AGE 7-8 CLASS. Entries for youth ages 9-18 that do utilize cake mixes, prepared frosting or other prepared items in a significant way, will not be awarded purple ribbons or be considered for class awards.
5. Remove baked products from baking pans, with exceptions of pies and cobblers. (Even a 9” x 13” cake needs to be removed from the pan.) The entire product must be entered and uncut (e.g. entire coffee cake, loaf of bread, layer cake, pie.) Items such as cookies, brownies, cinnamon rolls, muffins or candy, require three on a plate for entry. Place products on sturdy paper plates or covered cardboard. Place the plate inside a plastic bag. You can bring the bag or plastic wrap to cover the entry after judging.
6. Displayed food must remain for the duration of the fair.
7. Non-Perishable Foods Classes. Perishable foods will not be allowed in classes 440, 4300, 4302, 4304, and 4306. Perishable foods are those with custard and cream cheese type fillings and frostings, ganache frosting and foods requiring refrigeration. Review the K-State publication titled “Of Frosting and Fillings” (found online at the fair website) to determine eligibility at the county fair. Fruit pies are acceptable. For questions about whether the product is non-perishable, call the Extension Office before the Fair.
8. Educational Exhibit may be in the form of a poster, notebook or display. Follow copyright laws as explained in the General Rules as you are preparing your exhibit. Take care to select materials that will withstand fair conditions. No card table displays are allowed. If the exhibit is a poster, it must not be larger than 22” x 28”. If the exhibit is a display, maximum size is a 2’ x 3’ tri-fold display board. Name and county or district must be clearly marked on educational exhibits. The educational exhibit evaluation form will be provided at judging time. NOTE: A collection of your favorite recipes in a recipe box or notebook does not constitute an educational exhibit.
9. Table Settings. Exhibitors must be enrolled in Foods/Nutrition. All supplies must be furnished by the 4-Her. No food should be served, although non-perishable items - candy, bottles, etc. can be used as part of the table decorations. No alcohol should be on the menu or used in the table decorations. (No wine bottles, etc.) The menu to be served and the occasional place setting should be neatly printed or typed on a card or paper no smaller than 3” x 5” inches and can be displayed in a frame or other decorative manner. A 4-H sticker should be placed on the back of the menu card. An individual place setting may include linen, dishes, flatware and centerpiece. Select dinnerware for up to a three-course meal, set appropriately without stacking dishes. (Plate chargers are allowed.) Bring your own square table. Paper and plastic products are acceptable if they fit the occasion. PLEASE DO NOT BRING ITEMS OF HIGH SENTIMENTAL VALUE. Set-up for judging should be done between 8:30 to 10:30 am on July 20th in the foods area. 4-Hers should set up their own display; young 4-Hers can be helped by an adult. A sign-up sheet for consultation judging will be available during set-up. Consultation judging (without ribbon placing) will be offered (not required) to allow the 4-Her to explain the table setting for the judge and for the judge to ask questions. Up to 5 bonus points will be awarded for participation in the consultation judging. Consultation is from Noon to 2:30 pm. An overall champion and reserve champion will be awarded in addition to age division champions and reserve champions. Several theme awards will be awarded as well. Entries will stay on exhibit throughout the fair. Table Setting exhibits do not advance to
10. All food exhibits will be sold at Bake Goods Auction or bake sale except for Champion and Reserve Champion exhibits, and food preservation entries. Pie plates are sold with the pie. Any exceptions would need to be cleared with the foods superintendent immediately after the product is judged.

11. **State Fair**: An exhibitor who is age-eligible to exhibit at the state fair may exhibit only 1 non-perishable product and 1 educational display at the state fair. Non-perishable food product classes eligible include: 4300, 4302, 4304, and 4306.

### Section Class # Class Description

**<Exhibitor Age 7-8 years old>**

| A | 440 | Non-Perishable Food Product* |
| C | 444 | Educational Exhibit* |
| D | 446 | Table Setting* |

**<Exhibitor Age 9-11 years old>**

| A | 4300 | Non-Perishable Food Product |
| C | 4301 | Educational Exhibit |
| D | 456 | Table Setting* |

**<Exhibitor Age 12-14 years old>**

| A | 4302 | Non-Perishable Food Product |
| C | 4303 | Educational Exhibit |
| D | 456 | Table Setting* |

**<Exhibitor Age 15-18 years old>**

| A | 470 | Non-Perishable Food Product |
| C | 4305 | Educational Exhibit |
| D | 476 | Table Setting* |

*No state fair class

### Food Gift Package

**Section Class # Class Description**

| A | 4306 | Food Gift Package: No alcoholic beverages will be accepted. A food gift package must contain at least 3 different food items (prepared for human consumption), made by the 4-H member, in a suitable container no larger than 18"x18"x18". Prepared food items must have recipes attached with the entry. Additional homemade food items beyond the 3 minimum or purchased items may also be included in the gift basket. On the back of the entry card, answer these questions: a) what is the intended use; b) what food safety precautions were taken during and after preparation. This entry will count as a non-perishable food product, not as an educational exhibit. Home canned foods must follow Food Preservation rules. Canning jars should not be used for baking per manufacturer’s instructions. They could break during baking. |

### FOOD PRESERVATION

1. Exhibits must have been preserved since the member’s previous year’s county fair, and not been exhibited at the previous State Fair.

2. Recipes and processing methods from the sources below are recommended. Recipes must be from current, tested resources listed below AND MUST BE ADJUSTED FOR ALTITUDE based on your processing location, or it will be disqualified. Processing methods that will be disqualified include: open kettle canning, over oven canning, sun canning and using electric multi-cookers. Untested recipes will be disqualified for food safety reasons. Tested recipe sources include:
   a. K-State Research and Extension Food Preservation publications
   b. Other University Extension Food Preservation publications
   c. USDA Complete Guide to Home Canning, @2015
   d. So Easy to Preserve, 6th edition, The University of Georgia Cooperative Extension Service
   e. Ball® Blue Book Guide to Preserving, Edition 37
   f. Ball® Complete Book of Home Preserving, @2015 and @2020
   g. Canning mixes (i.e. Mrs. Wage’s, Ball®)
   h. Pectin manufacturers (i.e. SureJell, Ball®)
   i. KSRE Rapid Response Center Preservation Recipes
   j. National Center for Home Food Preservation
   k. Ball® and Kerr

3. Alcohol is not allowed as an ingredient in food preservation entries. Entries with alcohol will be disqualified and not be judged.

4. Each exhibit must have the complete recipe and instructions attached with the entry card, or it will be disqualified. Recipe must include exhibitor name, recipe source, date of publication, and altitude, where food was processed. If using 29 Mrs. Wage’s or Ball® mixes, indicate the date the mix was purchased.
5. Exhibits must be processed in clean, clear standard canning jars, with matching brand (ex: use Ball® lids on Ball® jars, or Kerr lids on Kerr jars, etc.) two-piece lids. Do not use colored jars, fancy padded lids, fabric over wraps or cozies as they interfere with the judging process. No fancy packs unless recipe states to do so (ex: Pickled asparagus). Jars must be sealed when entered. For food safety reasons, the size of jars used must not be larger than the jar size stated in the recipe (ex: Salsas is canned in pint jars only, no quarts). Note: There are 12-ounce, 24-ounce and 28-ounce canning jars available and may be used. Use pint jar process recommendations for 12-ounce jars. Use quart jar process recommendations for 24 ounce and 28-ounce jars.

6. Each jar exhibited must be labeled. The label must not cover brand name of jar. The label must give: Class Number, Product, Altitude where processed, Canning Method (water bath, weighted gauge or dial gauge pressure method), Process Time, Pressure (psi), Date processed including month and year, Name, and County/District.

7. Classes 4350-4355 will require one jar for each class.

8. Hole punch the entry card and use a rubber band to attach the entry card and recipe around the top of the jar.

9. If dried food product is not in a canning jar, it will be lowered one ribbon rating. Suggested amount: 1/3 – ½ cup, or three or four pieces per exhibit. All meat jerky must be heated to an internal temperature of 160 degrees F before or after drying. This is not the drying temperature! Dried products must include the recipe, preparation steps and heating instructions. Jerky not heated to an internal temperature of 160 degrees F will be disqualified and not be judged. Heating information can be found in “Dry Meat Safely at Home.”

10. Exhibitors may have 3 exhibits in this division, but only one entry per class.

11. One champion and one reserve champion will be selected from food preservation entries in classes 4350-4356.

12. State fair: Each age-eligible member (9 and up) may enter up to two quality exhibits in the Food Preservation division at the state fair, but only one entry per class.

<<Food Preservation (see Food/Nutrition guidelines)>>

Section Class # Class Description
F
4350 One Jar Sweet Spread (Fruit and/or Vegetables)
4351 One Jar Fruit, Juices, Fruit Mixtures (Salsa, Pie Filling, etc.)
4352 One Jar Low Acid Vegetables (Green beans, corn, etc., or vegetable mixtures)
4353 One Jar Pickles (Fruit or vegetable), Fermented Foods, Relishes and Chutney
4354 One Jar Tomato/Tomato Products, Tomato Juice, and Tomato Salsas (Salsa in pints only, no quarts)
4355 One Jar Canned Meats
4356 Dried Food One kind of dried food product exhibited in a small canning jar. (If not displayed in a canning jar, it will be lowered one ribbon placing.) Suggested amount: ½-1½ cup, or three or four pieces per exhibit. All meat jerky must be cooked to 160°F before or after drying. Dried products must include the recipe and preparation steps. Jerky not heated to 160°F will be disqualified and not be judged. Contact the extension office for heating instructions.

CAKE DECORATING

1. Entries in cake decorating require that the top layer be an actual cake. All decorated cakes will be cut.

2. Overall frosting and decorations are all that is judged.

3. Use heavyweight cake decorating cardboard. It can be purchased at Hobby Lobby, Michael’s, Wal-Mart or Sweet Baking Supply. Cover the board with foil, plastic wrap or decorative paper and attach the required food label and entry tag. Do not use personal dishes.

4. It is expected that with increased years in the project, 4-H’ers will use additional decorating tips and techniques and rely less on commercial decorations.

5. Decorations: Preference is given to 4-H’ers using non-commercial decorations and original design. Acceptable decorations include handles for basket cakes, dolls for doll cakes, tier dividers, clown heads and commercial lace under cakes. The use of plastic decorations not previously mentioned will not disqualify an entry but may lower the ribbon by one place.

6. Butter cream or royal frosting must be made from scratch. The only frostings that may be purchased are fondant and marzipan, although the 4-Her can make those from scratch, if desired.

7. All exhibits that receive a blue, red, or white ribbon may be sold at the Bake Sale under the superintendent’s discretion.

<<Cake Decorating (see Food/Nutrition guidelines)>>

Section Class # Class Description
G
528 Frosted Decorated Cakes (11 & under; All frosted decorated cakes)
529 Frosted Decorated Cakes (12 & over; All frosted decorated cakes)
532 Frosted Decorated Cakes of more than 2 tiers
534 One Large or 6 Decorated Novelties, such as:
   individual edible party favors, cut-up or character shaped small cakes
536 Six Decorated Cookies and/or Cupcakes
540 Gingerbread Creations (beyond a basic cookie) (11 & under; pieces & decorations must be edible. Base of structure must be gingerbread.)
542 Fair Themed Cookies or Cupcakes