

DEPARTMENT 25 JUNIOR FOODS & NUTRITION



Superintendent – Barb Thill Assistant – TBD

1. Display must be scrapbooks, report or visual displays (not posters).
2. Nuts are not allowed in baking items.
3. Entries should not be frosted.
4. Plates are furnished on entry day.
5. Baking must be the work of the exhibitor.
6. Entire cake and breads must be brought and cut at time of entry. For cake entries 8"x8" or 9"x13" will be accepted at the time of entry.
7. Food Preservation Guidelines:
All Food Preservation exhibits must be in standard canning jars and must state method of preservation such as hot water bath or pressure canned, length of processing time and date canned. Indicate if type and amount of acid used when appropriate. Tape labels securely on jars. Rings should be removed from the jars. Current USDA and University Extension canning procedure must be followed.
8. Jam & Jelly – No freezer jam or jelly
9. Dried Foods – 1/4 cup measure in clean sealed plastic clear bag unless otherwise stated.
10. Check your 4-H newsletter and the foods judging table, upon check-in, for the time schedule of judging.

Premiums:

1st \$2.00 2nd \$1.75 3rd \$1.50 4th \$1.25

CLASS A – ENROLLED IN LEVEL 1 – Six Easy Bites

CLASS B – ENROLLED IN LEVEL 2 – Tasty Tidbits

CLASS C – ENROLLED IN LEVEL 3 – You're The Chef

CLASS D – ENROLLED IN LEVEL 4 – Foodworks

Item No.

A	B	C	D	
1	1	1	1	Rolled cutout white sugar cookies (3)
2	2			Chocolate chip drop cookies (3)
		2	2	Oatmeal drop cookies (3)
		3	3	Pressed or Spritz cookies (3)
3	3	4	4	Peanut butter MOLDED cookies (3)
		5	5	Nationality cookies (3), include a card with recipe, method of preparation, and country where cookie is served.
4	4			Chocolate brownies, unfrosted (3)
		6	6	Bar other than brownie, baked and unfrosted (3)
6	6	8	8	Muffins, any variety (label type), (3) (no cup papers)
8	8	10	9	Cake, yellow made from mix
9	9	11	10	Cake, homemade, not from a mix
10	10	12	11	Quick bread, 1 small loaf (3"x5"), any variety (label variety)
11	11	13	12	Baking powder biscuits, dropped, (3)
18	18	25	23	Baking powder biscuits, rolled, (3)
	12	14	13	Pretzels (3) without use of yeast
		15	14	Pretzels (3) yeast
		16	15	Bread sticks (3) yeast
		17	16	Dinner rolls (3) yeast
		18	17	Bread (white, yeast), 1-loaf, not bread machine
12	13	19		Bread, white, yeast, from bread machine, not from a mix, 1-loaf
13	14	20	18	Bread, whole wheat, yeast from bread machine, not from a mix, 1-loaf
14	15	21	19	Bread, whole wheat, not from bread machine, 1-loaf

22	20	Bread, yeast, any other variety, not from machine (label variety)
16	23	Bread, from a bread machine-not from a mix, 1 loaf any other variety (label variety)
17	24	21 Any other yeast item any other, label variety
	22	Pastry shell (4-inch disposable tin)

Premiums:

1st \$2.00 2nd \$1.75 3rd \$1.50 4th \$1.25

Item No.

A	B	C	D	
15	57	69	67	Scrapbook or display on food pyramid
16	58	70	68	Scrapbook or display on kitchen safety
	59	71	69	Scrapbook or display on fast food nutrition
	60	72	70	Scrapbook or display on packing a safe food lunch
	61	73	71	Scrapbook or display on pasta varieties
	62	74	72	Scrapbook or display on careers in nutrition
	63	75	73	Scrapbook or display on food and fitness
	64	76	74	Scrapbook, report or display on safe use of microwave
	65	77	75	Scrapbook, report or display on safe use of microwave utensils
	66	78	76	Scrapbook, report or display on proper food preservation techniques
	67	79	77	Collection of microwave recipes you have tried
	68	80	78	Collection of food preservation recipes you have tried
	69	81	79	Collection of any food recipes you have tried
	70	82	80	Scrapbook, report or display modifying recipes to promote optimal nutrition, 1-5 recipes showing original recipe and reason for changes



RED STAR® YEAST AWARD

The Lesaffre Yeast Corporation will provide RED STAR® Yeast and coupons to all food exhibitors as food items are entered for competition. In addition a RED STAR® flexible cutting board, a RED STAR® apron, and a RED STAR® measuring beaker will be awarded for the outstanding bread exhibits.

Premiums:

1st \$2.00 2nd \$1.75 3rd \$1.50 4th \$1.25

CLASS E – CAKE DECORATING

NOTE: No commercial decorations. All containers and decorations will be disposed of at the end of the fair.

Wilton Enterprises, Inc. is pleased to sponsor a "Best of Class" award for each age division. "Best of Class" winner may choose one of the following awards: Cupcake Fun! (The newest Wilton publication), Tiered Cakes Book, or Cake Decorating Basics (DVD). The "Best of Class" winner will always receive a Wilton Yearbook of Cake Decorating.



Wilton will also award one current Wilton Yearbook of Cake Decorating for the top 5, blue ribbon winners in all cake decorating categories.

Member's Grade:

3-7		8-13	
Item No.	Item No.		
1	7	2 cup cakes using 1-2 frosting techniques	
2	8	2 cup cakes using 3 or more frosting techniques	
3	9	2 cup cakes using edible decorations	
4	10	2 cup cakes using non-edible decorations	
5	11	2 cup cakes using 3 or more techniques including frosting techniques, edible decorations, and non-edible decorations. (List techniques used)	
6	12	8 x8 frosted cake, decorated using 3 or more techniques including frostings, and or edible decorations and non-edible decorations. (List techniques used)	

CLASS F – FAVORITE FOODS REVUE

Members may enroll in up to two categories they are enrolled in as 4-H projects

Premiums:
\$1.00 each participant

Item No.

1. Cloverbud -Grades K-2, enrolled as Cloverbud

Premiums:
1st \$3.00 2nd \$2.75 3rd \$2.50 4th \$2.25

Item No.

2. Exploring -Grade 3-4, enrolled in Exploring and not in foods project
3. Enrolled In Level A – Six Easy Bites
4. Enrolled In Level B – Tasty Tidbits
5. Enrolled In Level C – You're The Chef
6. Enrolled In Level D – Foodworks
7. Cake Decorating I – Grades 3-7
8. Cake Decorating II – Grades 8-13



Home Canning
Bring Out Your Best™



**BALL® "BRING OUT YOUR BEST™"
YOUTH FOOD PRESERVATION AWARDS**

Presented by: BALL® & KERR® HOME CANNING

To promote the art of home canning, and honor youths who excel in the art of home canning, Ball® & Kerr® Home Canning is offering First Place Youth Award categories.

Judges will select the best entry submitted by a youth in Fruit, Vegetable, Pickle and Soft Spread categories canned in Ball® Jars sealed with Ball® Bands with Dome® Lids or Ball® Collection Elite™ Decorative Bands with Dome® Lids, or canned in Kerr® Jars sealed with Kerr® Bands with Self-Sealing® Lids or Ball® Collection Elite™ Decorative Bands with Dome® Lids. In addition, soft spread entries will be limited to those prepared using one of the Ball® Fruit Jell® Pectins: Regular; No Sugar Needed; Liquid with pectin proof of purchase provided at time of entry.

The best entry from each category will receive the following: Two (2) Five Dollar Coupons (\$5.00) for Ball® or Kerr® Home Canning Products

EDNA HOTH MEMORIAL AWARD

Funds donated to the Ag. Society through the Hoth Memorial has allowed the Jr. Food Preservation fair exhibits the following:

1. A \$20.00 award to the best exhibit of home-canned PEACHES in CLASS G.
2. A double premium will be awarded to those exhibiting home-canned food items. (Dried foods are not included). The premiums stated are reflective of the doubled rate.



NOTE: Exhibitor must receive a blue placing in order to qualify for the special Food Preservation and Hoth Memorial awards.

CLASS G – Members enrolled in FOOD PRESERVATION, CANNED FOODS grades 3-13

Premiums:
1st \$4.00 2nd \$3.50 3rd \$3.00 4th \$2.50

Item No.

1. Canned peaches
2. Canned pears
3. Canned applesauce (strained)
4. Canned apples (quartered)
5. Canned cherries (pitted)
6. Canned blackberries
7. Canned any other fruit (label variety)
8. Canned tomato juice
9. Canned tomatoes, whole or quartered
10. Canned green beans (cut)
11. Canned yellow beans (cut)
12. Canned carrots
13. Canned salsa
14. Canned any other vegetable (label variety)
15. Canned beet pickles
16. Canned bread and butter pickles
17. Canned sweet pickles
18. Canned dill pickle (fermented)
19. Canned dill pickles (non-fermented)
20. Canned any other pickle (label variety)
21. Canned relish (any variety, label variety)
22. Jam (any variety, label variety)
23. Jelly (any variety, label variety)
24. Fruit butter (any fruit, label variety)

CLASS H – Members enrolled in FOOD PRESERVATION, DRIED FOODS grades 3-13

Premiums:
1st \$2.00 2nd \$1.75 3rd \$1.50 4th \$1.25

Item No.

1. Dried corr
2. Dried onions
3. Dried carrots
4. Dried peppers
5. Dried celery
6. Dried vegetable (any other not listed) (label variety)
7. Dried apples
8. Dried peaches
9. Dried cherries
10. Dried strawberries
11. Dried fruit (any other not listed) (label variety)
12. Apple leather 3 pcs.
13. Banana chips
14. Tomato leather, 3 pcs.
15. Any other fruit or vegetable leather or chip not listed (label variety), 3 pcs
16. Dried parsley
17. Dried dill
18. Dried chives
19. Any other dried herb or seasoning not listed above (label variety)
20. Dried meat jerky, 3 pcs.

CLASS I – MICROWAVE COOKING 1, 2, 3 and 4

Open to exhibitors enrolled in the Microwave Cooking 1, 2, 3 and 4 projects. One serving size is adequate for exhibit. Entire exhibit must be made using a microwave cooking process.

Premiums:

1st \$2.00 2nd \$1.75 3rd \$1.50 4th \$1.25

Item No.

1. Microwave nutritional snack (label variety)
2. Microwave candy
3. Microwave cookies/cereal bars, 3
4. Microwave cupcakes, 3
5. Microwave muffins, 3
6. Microwave cake, ½ of round single layer
7. Educational display on microwave cookery or microwave tips