

**DEPARTMENT 25
JUNIOR FOODS & NUTRITION**



Superintendent – Betty Sacia Assistant – TBD

- It is recommended that all food entries be brought in on Wednesday AM.
- Display must be scrapbooks, report or visual displays (not posters).
- Nuts are not allowed in baking items.
- Entries should not be frosted.
- Plates are furnished on entry day.
- Baking must be the work of the exhibitor.
- Cake Entries** – only 8"x8" or 9"x13" pan size entries will be accepted. A 4"x4" corner piece will be cut by the exhibitor and left at the fair on entry day.
- Bread Entries** – Full loaf must be brought and cut in half by the exhibitor. Half will be left at the fair on entry day.
- Rhubarb will be considered a fruit and pumpkin a vegetable for baked food and food preservation entries.
- 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.** All entries must be processed after previous years La Crosse Interstate Fair.
- Jam & Jelly Entries** – No freezer jam or jelly.
- Dried Foods Entries** – 1/4 cup measure in clean sealed plastic clear bag unless otherwise stated.
- 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 – FOODS and NUTRITION PROJECT – Grade 3-4**
CLASS B – FOODS and NUTRITION PROJECT – Grade 5-6
CLASS C – FOODS and NUTRITION PROJECT – Grade 7-9
CLASS D – FOODS and NUTRITION PROJECT – Grade 9 & Over

Item No.	A	B	C	D	
1	1	1	1	1	Rolled cutout white sugar cookies (3)
2	2	2	2	2	Chocolate chip drop cookies (3)
			3	3	Oatmeal drop cookies (3)
			4	4	Pressed or Spritz cookies (3)
			4	4	Nationality cookies (3), include a card with recipe, method of preparation, and country where cookie is served.
3	3				Chocolate brownies, unfrosted (3)
			5	5	Bar other than brownie, baked and unfrosted (3)
4	4	6	6	6	Muffins, made with fruit (label type), (3) (no cup papers)
5	5	7	7	7	Muffins, made with vegetable (label type) (3) (no cup papers)
8	8	10	9	9	Cake, yellow made from mix
9	9	11	10	10	Cake, homemade, not from a mix
10	10	12	11	11	Quick bread, 1 small loaf (3"x5"), any variety (label variety)
11	11	13	12	12	Baking powder biscuits, dropped, (3)
18	18	25	23	23	Baking powder biscuits, rolled, (3)
	12	14	13	13	Pretzels (3) without use of yeast
		15	14	14	Pretzels (3) yeast
		16	15	15	Bread sticks (3) yeast
		17	16	16	Dinner rolls (3) yeast
		18	17	17	Bread (white, yeast), 1-loaf, not

12	13	19		bread machine
13	14	20	18	Bread, white, yeast, from bread machine, not from a mix, 1-loaf
				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	67	Scrapbook or display on My Plate
16	58	70	68	68	Scrapbook or display on kitchen safety
	59	71	69	69	Scrapbook or display on fast food nutrition
	60	72	70	70	Scrapbook or display on packing a safe food lunch
	61	73	71	71	Scrapbook or display on pasta varieties
	62	74	72	72	Scrapbook or display on careers in nutrition
	63	75	73	73	Scrapbook or display on food and fitness
	64	76	74	74	Scrapbook, report or display on safe use of microwave
	65	77	75	75	Scrapbook, report or display on safe use of microwave utensils
	66	78	76	76	Scrapbook, report or display on proper food preservation techniques
	67	79	77	77	Collection of microwave recipes you have tried
	68	80	78	78	Collection of food preservation recipes you have tried
	69	81	79	79	Collection of any food recipes you have tried
	70	82	80	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

Red Star Yeast will provide RED STAR® merchandise items to be given as awards. To be eligible to win the RED STAR® Yeast prizes, contestants must use RED STAR® Yeast and attach an empty packet or photo to their recipe entry.

The Lesaffre Yeast Corporation will provide RED STAR® Yeast and coupons to all food exhibitors as food items are entered for competition.

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 help support the fair in the Decorated Cake Division and Cupcake Divisions. Wilton "Best of Class" awards are offered

for winning cakes and cupcakes with some type of bag and tip or rolled fondant cake decorating.

Best of Class winners from the Decorated Cakes Division and Cupcake Division will receive a Color Right Food Coloring System and Quick Tips Guide. The runner up in each division will receive the Quick Tips Guide.

Member's Grade:

3-7		8-13	
<u>Item No.</u>	<u>Item No.</u>		
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.

NOTE: All Foods Revue entries must submit a 5x7 photo of exhibitor with their actual Foods Revue entry on an 8 1/2 x 11 sheet of paper at the drop-off time for all Fair entries in the Old Youth Building.

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. Foods Revue – Grades 3-4
4. Foods Revue – Grades 5-6
5. Foods Revue – Grades 7-8
6. Foods Revue – Grades 9 & Over
7. Cake Decorating I – Grades 3-7
8. Cake Decorating I – Grades 8-13
9. Cake Decorating II – Grades 6-13

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 GA/GB Combined (one overall award).
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 GA – Members enrolled in FOOD PRESERVATION, CANNED FOODS grades 3-8

CLASS GB – Members enrolled in FOOD PRESERVATION, CANNED FOODS grades 9-13

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 corn
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

2019 KING ARTHUR FLOUR BAKING CONTEST



OPEN TO: All Junior Foods Exhibitors

KING ARTHUR FLOUR PRIZES: Junior Category

- 1st place: \$40 gift certificate to the Baker's Catalogue/kingarthurfLOUR.com
- 2nd place: \$25 gift certificate to the Baker's Catalogue/kingarthurfLOUR.com
- 3rd place: King Arthur Flour Baker's Companion Cookbook
- All winners will also receive a gorgeous ribbon

RULES FOR ENTRY:

1. Pre-enter with your fair entry.
2. Exhibitor must bring the opened bag of King Arthur Flour or submit a UPC label from the flour bag when he/she submits the entry.
3. Contestant must enter an item from the list of options using a recipe of choice.
4. An entry tag will be provided for the exhibit item.
5. Must provide a legible recipe, with the entry, preferably typed.
6. All entries must be cut and placed on fair provided disposable trays.
7. Failure to follow the rules may result in disqualification.
8. King Arthur Flour is not responsible for replacing lost or misplaced prizes or ribbons (including: gift cards).

Criteria for judging of baked goods.

Taste.....50 points
 Overall Appearance + Creativity.....25 points
 Texture.....25 points
 TOTAL.....100 points

Premiums:

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

CLASS J – KING ARTHUR FLOUR CONTEST

Item No.

1. Coffee Cake 3"x3" square
2. Any Cookie (3)
3. Any Bar (3)