

DEPARTMENT 48

4-H FOODS AND NUTRITION

BUILDING 4

SUPERINTENDENT: JULIE MCCLURE

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Pre-registration is mandatory: [Register Here!](#)

1. Before entering, refer to General information and Youth Rules.
2. Exhibits MUST arrive on the grounds between 12- 8 p.m. Sun., 8/19. Exhibits MUST be picked up between 8-10 a.m. Sun., 8/26. Superintendent and Fair not responsible for any items left after that time.
3. LIMIT: Six different entries per division accepted, except divisions E & F (only one entry).
4. All entries must demonstrate knowledge gained from projects in which 4-H member is currently enrolled.
5. Exhibitors may not enter the same food in both open class & 4-H.
6. Food items needing refrigeration will not be accepted (ex: cool whip, raw egg, milk not cooked, etc.)
7. Anything with cream cheese will not be accepted.

BAKED PRODUCTS

1. All baked products may be from a prepared mix or from scratch with the exception of decorated cakes which can be Styrofoam or a baked product; cake pops must be cake. Decorated cakes must be specified either cake or styrofoam.
2. All baked products must be entered on paper plate or cardboard and placed in a clear plastic bag or covered with plastic wrap, with the exception of decorated cakes or breads.
3. All entries must include a 3" x 5" card with complete recipe and an explanation of what was learned in preparing the item. Exhibit will be dropped one ribbon placing, at the judge's option, if the card is missing or incomplete.
4. AMOUNT TO BRING: Cookies, bar cookies, biscuits, muffins, cupcakes, tarts, rolls, buns and candy - 4 each. Pies, cakes, tea rings, angel food, bundt cakes, etc. - 1/2 each or 2 each of minis. Bread - 1/2 loaf or two whole mini loaf. Decorated bread or cake - whole each. Cake pops - 4 ea.

PREMIUM POINTS

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
15	10	8

DIVISION

- A. Baked items featuring Northwest Agricultural product for flavor (specify which product)
- B. Cakes or cupcakes
- C. Candy
- D. Cookies or bar cookies
- E. Decorated breads or cakes – Fair theme
- F. Decorative breads or cakes
- G. Muffins
- H. Nutritious snacks – fruit leather, granola bars, etc.
- I. Pies or tarts
- J. Quick breads or biscuits
- K. Special dietary product (ex: Gluten-Free, Vegetarian, and Vegan)
- L. Yeast bread or rolls
- M. Other baked products

CLASS

- 1. Junior
- 2. Intermediate
- 3. Senior

FOOD PRESERVATION

- 1. The 4-Her must be enrolled in the food preservation project in order to exhibit in this section, and must have a certified Food Preservation Project Leader.
- 2. Use the most recent Washington State University Cooperative Extension publication for food preservation processing times and methods. Preserved foods not processed according to USDA recommendations will be disqualified. Jams and jellies need not be USDA recipes.
- 3. All canned products must be exhibited in standard canning jars, sealed with flat metal lids. No single piece lids will be accepted. PLEASE LEAVE SCREW BANDS ON.
- 4. **All dried exhibits must be in at least a sandwich sized Ziploc bag.**
- 5. All entries must include 3" x 5" card with the complete recipe, processing procedure with time, and an explanation of what was learned in preparing the item. Exhibits will be dropped one ribbon placing, at the judges' option, if the card is missing or incomplete.

6. LABELING: All canned and dried exhibits must be labeled with C0803 and C0804 labels available from the Extension Office. All labels MUST be complete. Incomplete labels will be disqualified. Canned goods labels should be placed on lid. Dried goods labels should be placed in the upper right-hand corner of the Ziploc bag.
7. Due to the potential presence of e-coli and salmonella bacteria in raw meat, an Extension-approved recipe using pre-cooked meats for drying is available from the County Extension Office. Dried meats prepared using this recipe will be accepted.

SPECIAL AWARDS

BALL CORPORATION FRESH PRESERVING AWARD

Divisions N, P, R, S – Awards for First place will be presented to exhibitors whose home canned entry is selected the best in the categories of Fruits, Vegetables, Pickles and Soft Spreads. Entries must be preserved in Ball Jars and sealed with Ball Lids and Bands or preserved in Kerr Jars sealed with Kerr Lids and Bands. In addition, entries in the soft spread category must be prepared using Ball Pectin: Classic, Low or No-Sugar, or Liquid. Proof of pectin purchase in the form of a receipt or product UPC must be submitted with entry. First place award winners will receive One (1) Five-dollar (\$5) Coupon for Ball or Kerr Fresh Preserving Products and One (1) Free (up to \$6 value) Coupon for Ball Pectin.

DIVISION

- N. Canned Fruits
- O. Canned Meats, Fish and Poultry
- P. Canned Vegetables
- Q. Dried Foods
- R. Jams, Jellies, Conserves and Marmalades
- S. Pickles or Relishes

CLASS

- 1. Junior
- 2. Intermediate
- 3. Senior

PREMIUM POINTS

<u>BLUE</u>	<u>RED</u>	<u>WHITE</u>
10	8	6

DIVISION

- T. Centerpieces
- U. Gift Baskets
- V. Mixes in a jar (include cost of materials and how many it will serve)
- W. Mobile
- X. Recipe book or file
- Y. Table setting -- must follow proper etiquette, EM3443, 4-H publication available from the WSU Extension Office.

CLASS

- 1. Junior
- 2. Intermediate
- 3. Senior

INTERVIEW JUDGING

- 1. Open to any 4-Her enrolled in a food project. The 4-H exhibitor must be able to discuss the quality standards, food safety, nutrition, food preparation steps and the overall 4-H food project they are enrolled in with the judge.
- 2. Only one interview will be awarded points.

PARTICIPATION POINTS = 8

DIVISION

- Z. Interview judging

CLASS

- 1. Junior
- 2. Intermediate
- 3. Senior