

FOOD & NUTRITION - Section N

Superintendent: Chris Basile

FOOD AND NUTRITION RULES

Special Note: The more experienced 4-H'er is encouraged to exhibit a more difficult recipe, not the same one year after year. State Fair selection will consider age and experience of the exhibitor, and choose entries that demonstrate mastery of new skills. Keep in mind that fewer ingredients generally mean a simpler recipe. Include ingredients, recipe process, recipe source & yield. Nutritional information should also be included on each card. Examples include oranges as a source of vitamin C or blue berries are high in antioxidants.

Take Home Option: for large baked good entries such as loafs, cakes and pies, members will have the option to take home the leftover item after evaluation rather than leave it to be on display during fair. An additional slice will be taken to be used to represent the exhibit for display purposes.

Remember these important tips to ensure the best outcomes on your exhibit:

- a) Cool all baking before packing.
- b) Remove all exhibits from baking pans except pies. Pies and pie crusts are to be in a disposable pan sizes 8"-9" in diameter.
- c) Do not use paper cups for muffins or cupcakes with the exception of class 10 cake/cupcake decoration.
- d) Must submit a recipe for each baked good or food entry on a 3x5 card. Include ingredients, recipe process, source, nutritional information and yield. If modifications and/ or substitutions have been made include these as well. **Recipes cards will be returned.**
- e) Display decorated and bundt cakes bottom side up; all other cakes topside up.
- f) No commercially prepared baking mixes, frostings, candies or pie fillings are to be used. An exhibit must be made from scratch.
- g) An exhibit consists of three (3) small items such as cookies, muffins or scones or one (1) large item such as a cake, bread or pie.
 - Cupcakes and muffins are to be standard size- no jumbo or mini sizes
 - Cookies are approximately 1"-3" in diameter according to the recipe
 - Bread should be standard loafs or 8x4 or 9x5
 - Cakes 8"-9" round or square. 8"-10" diameter Bundt and tube.
- h) Must bring whole cake or pie. One (1) standard size loaf of bread is approximately 8'x4' or 9'x5'. Muffins approximately 2" to 3" across, not mini or jumbo.
- i) When frostings, glazes or topping are used, it must be stated in the recipe. Yeast breads and rolls may be brushed with butter, milk or egg before or after baking if so stated in recipe.
- j) If a microwave was used, indicate on recipe. Microwave candy not acceptable.
- k) Display finished products on sturdy paper plates or foil wrapped cardboard. All items should be brought to the evaluator covered with clear wrap or plastic bags.
- l) There are no limits in entries per class or section, but each entry must be of distinctly different technique and ingredients. For example, cookies; one type of drop cookies such as chocolate chip, one molded cookie such as spritz.
- m) The recipe may not include alcohol (this does not include vanilla which is a standard ingredient in recipes) as one of the ingredients
- n) No bread machine items permitted with the exception of class 16- Food Technology Exhibit.
- o) Items that require refrigeration are accepted at the county level but are no eligible for state fair.

AWARDS

Blue \$2.00 Red \$1.50 White \$1.00

Classes 1 - 4

Recipes & tips are in the 4-H publication, "Muffins & More"

Class

1. Cookies:

- A. **Drop, Hand Shaped, Pressed, Pan-Baked, Rolled or Refrigerator-** One entry per type such as 1 drop such as chocolate chip, 1 bar such as cranberry nut, 1 rolled such as cutouts. No multiple entries using the same process. Examples include drop such as chocolate chip and oatmeal; hand shaped such as peanut butter or snickerdoodles. (3 uniform)
- B. **Decorated Cookies:** Set of 3 uniform. Decorations need to be made with decorator's frosting that is made by the exhibitor. This includes buttercream, fondant, gum paste, etc. Exhibitor can use decorator tips and tools such as forms and molds. No commercially prepared of purchased decorations or frosting products allowed.

2. **Muffins:** Plain, whole wheat, cornbread, bran, apple, or other. No toppings. (3 uniform)

3. **Biscuits or Scones:** Plain, whole grain, flavor, or other shaped (rolled & cut) biscuits or scones. No toppings (3 uniform)

4. **Loaf of Bread:** (not yeast leavened). Banana, blueberry, apple, pumpkin, or other bread baked in a loaf pan. No toppings.

AWARDS

Blue \$2.50 Red \$2.00 White \$1.50

Classes 5-29

Class

5. **Yeast Rolls:** Plain, whole grain, flavored, or other yeast rolls of any shape; does not include fancy rolls with fillings or frosting. (3 uniform)

6. **Yeast Bread:** Plain, whole grain, flavored, or other, baked in a loaf pan.

7. **Shaped Bread:** An exhibit is any small (such as pretzels or bread sticks), or large (such as animal shaped) hand shaped bread. Plain, whole grain, flavored, or other; does not include fancy yeast breads with fillings or frosting. (3 uniform or 1 large)

8. **Plain Cake:** 1) plain cake (spice, chocolate, butter) baked in a pan approximately 8-9" (round or square); or 2) a foam-type cake (angel food, sponge, chiffon) baked in a tube pan, approximately 9-10". Unfrosted.
9. **Cakes With Nutritious Ingredients:** Cake which is made with vegetable or fruit (no fruit cakes), such as carrot, applesauce, beet, sweet potato, cabbage, etc. baked in an appropriate size pan, approximately 8-9" round or square or 9-10" tube. In evaluating nutritious cake, more consideration will be given for nutritious ingredients while recognizing the cake will be heavier and moisture content will vary. Unfrosted
10. **Cake Decorating:** Frosted and decorated cake or set of 3 identical cupcakes for a special occasion such as Birthday, Christmas, Anniversary, graduation, etc. Decorations need to be made with decorator's frosting that is made by the exhibitor. This includes buttercream, fondant, gum paste, etc. Exhibitor can use decorator tips and tools such as forms and molds. **No commercially prepared or purchased decorations or frosting products allowed. Use of paper cups for cupcakes is permitted in this class to enhance decorations. All decorations must be edible. Exhibitors can enter one cake and one set of cupcakes in this class.** The decorator must use distinctly different types of decorating techniques. If separator plates and/ or reusable plates are used and needed for the finished product please advise the judge so they do not discard. Please make sure that any pieces that need to be returned are labeled with the exhibitor's name and phone number.
 - A. Cupcakes- set of 3 identical
 - B. Cakes
11. **Pies:** Fruit pies-2 crust pastry. Top crust can be latticed or decorative pastry, no crumb toppings. Ex. Apple, Blueberry, Cherry, etc. Please enter in disposable pie pans 8"-9" in diameter. **No exhibits requiring refrigeration (cream or custard-based pies, etc.) are allowed.**
12. **Tarts or turnovers:** 3 items make an exhibit. Ex. Peach tarts, apple turnovers, etc. **No exhibits requiring refrigeration are allowed.**
13. **Healthy Baked Product:** An exhibit is any baked product that is made with less sugar, fat or salt, altered using a sugar or fat substitute or gluten free. The recipe must clearly state ingredients and methods used. An explanation of why you made it healthy, made changes to the recipe or used gluten-free ingredients must be included. Cookies, loaf bread, cake, cupcake, coffee cake, muffins, pies or other baked items.
14. **Grown in New York:** An exhibit is sample of any food product that the majority of the ingredients or main ingredient is grown in New York State. An exhibit is a sample of any baked product that contains a fruit, vegetable, honey or maple syrup grown in New York State and must include: (a) recipe, (b) explanation of ingredient grown in New York, including where it was grown and purchased and if it was preserved for later use, and a statement about the nutritional value of the item produced in New York. Source of ingredient can be garden, U-pick or roadside stand, farmers market, or any market if source can be identified. Cookies, muffins, bread, cake, cupcakes, coffee cake, pie or other baked items.
15. **Heritage Foods/International Foods:** An exhibit is a sample of any food item associated with cultural customs/ traditions or family or national populations. Entry must include: a) recipe b) traditions associated with preparation, serving or eating of the item. Baked items such as cookies, muffins, bread, cakes, pies, etc. are considered as baked items and should follow the rules of the class it would fit into for this section. Items such as pickles, relishes, preserves, etc. should follow the rules for Section M Food Preservation, which includes 2 jars one for display and one that will be returned to the exhibitor for sampling.
16. **Food Technology Exhibit:** Exhibit to 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.). Include recipe and why you used this method.
17. **Maple Syrup:** An exhibit will consist of homemade maple syrup in a clear glass bottle appropriate for syrup products. Exhibitor's entry card must include the process used to make the syrup and the resources for their information.
18. **Coffee Cake:** (not yeast). 1 approx. 8" - 9" round or square pan. Toppings permitted.
19. **Candy:** 3 pieces of one variety per entry; i.e. fudge, hard candy, peanut brittle. Microwave candy is not acceptable. Must use candy thermometer method. (3 uniform)
20. **Healthy Snack:** This may be an actual food exhibit, poster, photos or may include artificial/ faux food. The idea is to prepare an example of a healthy snack that you might have yourself or may prepare for friends. Actual food exhibits must be able to be presented without the need of refrigeration. Examples of Healthy Snacks: veggie platter, smoothie, cheese and crackers, fruit kabob. 3x5 card should include serving size information about the nutritional value of the snack.
21. **Packed Lunch:** Entry is to be presented in a lunch bag or box (always good to think about how this will be displayed at the county booth). Display may include photos or artificial/ faux food, if actual items will not hold up. 3x5 card should include the following: a) Dietary needs of individual that lunch is for (aka: 3rd grader will require less food than a high school athlete); b) Facilities available for keeping lunch (aka: will this be used on a trail ride? Lunchroom: Do you need a microwave in order to prepare? Etc. c) Nutritional value of the lunch packed (consider this when you decide what is going in the packed lunch).
22. **Menu For A Day:** The menu should include complete listing of all meals and snacks that would be eaten over a one-day (24 hour) period. A description of individual or family whom meals are intended must be included. Typed exhibit with photos is recommended, creativity is encouraged.
23. **Recipe Collection:** A minimum of 10 recipes exhibited in a recipe box or notebook, per year. Can be carried over from previous year with at least 10 new entries. All information should be printed in ink, typed or word-processed; no photocopies. Collections will be judged on appearance, organization source, and variety. All recipes should have the date, emphasize the nutritional value, ease of preparation, why it was made and any additional comments on the process or modifications to the recipe.
24. **Healthy Recipe Collection:** An exhibit is at least 6 recipes (displayed in a box, notebook, or file folder; can include photos or illustrations) that provide needed nutrients while limiting fat and total calories. For each recipe state: (1) relationship of key ingredients to MyPlate.Gov; (2) nutritional benefits; (3) source of recipe; (4) how well it was liked; (5) any changes you would make to the recipe. All recipes must be collected and made during the current enrollment year.
25. **Heritage Recipe Collection:** An exhibit is at least 10 recipes (displayed in box, notebook, or file folder; include photos or illustrations that depicts family or local history. For each recipe state: (1) source of recipe; (2) history related to recipe; (3) traditions related to preparing, serving and eating the food. The collection should represent one or more generations older than you and can be collected from family, friends or other community sources. All recipes must be collected and at least 4 of the 10 prepared during the current enrollment year.
26. **Sweet Yeast Bread:** 3 rolls or twists lightly frosted or 1 whole, i.e. stollen, tea ring, other. (3uniform small items or 1 large)
27. **Jelly Roll:** 1 whole roll. Commercial or homemade jelly, jam, or marmalade accepted.
28. **Glazed Baked Good-** Any food product where the glaze is an essential element of the recipe. The number of items and pan-size used to bake the entered item should match the guidelines for comparable class entries in this section. The glaze used must not require refrigeration of the entry. (3 small uniform or 1 large)
29. **Pastry Piecrust Shell:** Finished edge such as crimping or fluted in disposable 8"-9" disposable pie pan.

30. **Homemade Dairy Products:** Examples include Cheeses and Butters. Each product must be distinctly different and use different processes. For example fresh cheese such as mozzarella and smoke aged cheese. Products will be returned to the exhibitor due to the need for refrigeration. Photos will be taken and displayed. Please include a recipe card as well as nutritional information.
31. **Pasta:** Examples include spaghetti, fettuccini, elbows, egg noodles, ravioli and or/ tortellini. Each product must be distinctly different with different recipes and processes. Such as fettuccini and ravioli. If there is a filling that requires refrigeration then the product will be returned to the exhibitor and a photo of the product will be displayed. Please include a recipe card as well as nutritional information.
32. **Miscellaneous:** Any item that does not fit in the categories listed above. Entries in this category must be cleared through the superintendent for this category. Guidelines regarding recipe cards including ingredients, recipe, process, source and yield.

Awards For Food Nutrition
4-H Alumni
Wilton Enterprises
Heritage Recipe

NOTE: Special Requirement for 4-H exhibitor who will not be talking with the Fair Evaluator

For any 4-H member who is unable to bring his/her exhibits/entries to the 4-H Youth Development Building on Saturday, August 3, 2019, to speak personally with the evaluator, the following Exhibitor Information Statement is required to be completed for each exhibit/entry. The evaluator will be requiring this in order to accept the exhibit/entry. (Cloverbuds should complete this information to the best of their abilities; regular 4-H'ers (ages 8-18 as of January 1st) should complete these statements fully in their own handwriting if possible. Age and experience will be taken into consideration.)

1. What is the Kind _____ and Variety _____ of your exhibit (relates to vegetables, flowers, etc.)
2. Describe what you did to complete this project. Provide a list of materials, products and/or equipment used and why they were selected. Briefly explain your methods of construction process and your source of ideas. (3-5 sentences is sufficient)
3. In approximately 3 – 5 sentences, describe your feelings about this project: what you learned, what challenged you, and /or how you would improve your exhibit in the future.
4. Additional information requested in the Section for this class (Be sure to read complete guidelines in the section)
5. Additional information or special needs to be noted by the evaluator.