Department 18Q  
Foods & Nutrition  
Kim Schrauben, Superintendent  
(517) 647-7794 schraubenka@gmail.com

**FOOD PRESERVATION**

1. Exhibits may be pint or quart containers but should be uniform in type and size.  
2. All perishable food will be returned immediately after judging.  
3. Product should include a label, giving date it was preserved and name of product.  
4. To ensure a tight seal, canning should be completed at least one week prior to judging.

_Ionia Free Fair is not responsible for lost, stolen or damaged articles prior to, during or after the Fair._

**Cloverbud**  
5416 Cloverbud Foods & Nutrition project

**Canning**

<table>
<thead>
<tr>
<th>Class</th>
<th>Project Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5410</td>
<td>Fruit – 2 jars, each a different kind of fruit</td>
</tr>
<tr>
<td>5411</td>
<td>Cooked soft spread – 2 jars, each a different kind</td>
</tr>
<tr>
<td>5412</td>
<td>Vegetables – 2 jars, each a different kind</td>
</tr>
<tr>
<td>5413</td>
<td>Pickles/Relish – 2 jars, each a different kind</td>
</tr>
<tr>
<td>5414</td>
<td>Meat – 2 jars, each a different kind</td>
</tr>
<tr>
<td>5415</td>
<td>Educational canning project display, poster (not larger than 22&quot;x28&quot;), notebook, etc.</td>
</tr>
</tbody>
</table>

**Special Ball & Kerr Award**  
*Only Classes 5410-5415 are eligible for award*

**Prizes:** One (1) Ball Home Canning Product Coupon and One (1) Ball Canning Guide  
Projects must be canned in Ball or Kerr jars and sealed with Ball or Kerr two-piece vacuum caps. The Ball and Kerr Award will be given at the judge’s discretion. Proof of purchase must be presented at time of entry.

**Freezing**

Packages must be labeled with contents, date, serving size,

<table>
<thead>
<tr>
<th>Class</th>
<th>Project Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5420</td>
<td>Fruit, 2 packages, each a different kind</td>
</tr>
<tr>
<td>5421</td>
<td>Jam, 2 packages, each a different kind</td>
</tr>
<tr>
<td>5422</td>
<td>Vegetables, 2 packages, each a different kind</td>
</tr>
<tr>
<td>5423</td>
<td>Packaged Dinner</td>
</tr>
<tr>
<td>5424</td>
<td>Packaged Desserts/Pastry</td>
</tr>
<tr>
<td>5425</td>
<td>Bread Product</td>
</tr>
<tr>
<td>5426</td>
<td>Packaged Party Foods</td>
</tr>
</tbody>
</table>

**Drying/Dehydration**

<table>
<thead>
<tr>
<th>Class</th>
<th>Project Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5427</td>
<td>Fruits – 2 packages, each a different kind</td>
</tr>
<tr>
<td>5428</td>
<td>Vegetables – 2 packages, each a different kind</td>
</tr>
<tr>
<td>5429</td>
<td>Herbs – 2 packages, each a different kind</td>
</tr>
<tr>
<td>5430</td>
<td>Food Specialties, fruit leathers, beef jerky, etc.</td>
</tr>
<tr>
<td>5431</td>
<td>Educational Project Display, poster (not larger than 22&quot;x28&quot;), notebook, etc.</td>
</tr>
</tbody>
</table>
Food Preparation
1. Bring a neatly written or typed copy of the recipe.
2. Exhibitors must bring the entire cake, pie, loaf, main dish, etc. unless otherwise specified.
3. The product can be made in the microwave. [The judge will cut a portion and the rest can be taken home after judging.]
4. Other items should be displayed on 6" white paper plates, sealed with a plastic bag, furnished by exhibitor.
5. Only 1 entry per class

Baked Goods – Beginner
5432 3 cookies (drop, bar, rolled, etc.)
5433 3 unfrosted cake squares
5434 1 loaf quick bread (nut, banana, oatmeal, etc.)
5435 3 muffins or biscuits
5436 Healthy Snack Food – Homemade (yogurt, trail mix, vegetable/fruit plate, etc)
5437 Educational display, notebook, posters (not larger than 22"x28"), etc.
5438 Any other not listed above

Baked Goods – Intermediate
5439 3 yeast rolls (sweet or regular), or a loaf of yeast bread or yeast coffee cake.
5440 Pie with baked crust (must be 2 crust pie). No packaged crust.
5441 Casseroles – Made from scratch, (macaroni & cheese, noodle, vegetables, etc.). May use canned soups. Serve at proper temperature. Picture will be taken of you and your exhibit to leave on display.
5442 Heritage Baked Goods
5443 Healthy Main Dish – Low fat, low sugar, low salt, high fiber, etc.
5444 Educational display, poster (not larger than 22"x28"), notebook, etc. (on food history, health foods, famous cooks, food careers)
5445 Any other not listed

Baked Goods – Advanced
5446 Gourmet Pastries or Fancy Dessert
5447 Baked product representative of project chosen
5448 Cheese Cake
5449 Educational display, poster (not larger than 22"x28"), notebook, etc. (on food history, food as medicine, food in the new millennium, food careers, etc.
5450 Any other not listed
5451 Club Exhibit

Candy
1. Each family member must use a different recipe.
2. Must exhibit 6 pieces of candy.
3. Recipe must be neatly written or typed.
5452 Beaten candy (fudge, divinity)
5453 Brittle (peanut, toffee, almond)
5454 Molded chocolate (solid or filled centers)
5455 Pulled (salt water taffy)
5456 Hand Dipped
5457 Any Other
5459 Club Exhibit

Foodways – FOLKPATTERNS Projects
1. For more specific information please refer to 4-H bulletin #1329.
2. Traditions of obtaining, preparing, cooking, eating, storing and sharing foods.
3. Folk art using food, gardening techniques, food festivals, harvest celebrations, recipes, etc.
5460 Food Traditions: recipes, food preparation, meal presentation, food games, food folk tales, food marketing, and kitchen utensils.
5461 Food festivals, celebrations, special occasions, holidays, harvests, etc.
5462 Cultural Foods, religious beliefs, etc.
5463 Gardening techniques, food storage, food preservation, etc.
5464 Food other than a meal: health remedies, decorations, beauty care, cleaning remedies, etc.
5465 Any three activities from bulletin #1329 (put in notebook)

Food and People
1. Select a country; exhibit baked goods made in that country.
2. A poster, recipe card and a short story must accompany exhibit.
5466 Individual exhibit:
5467 Club exhibit
5468 Any other not listed
Exploring Foods and Nutrition
5470 Exhibit food and educational exhibit showing food management, consumer education, marketing or experimental foods. Exhibit must contain a food display poster or notebook. (example: meal planning, table setting and food exhibit)

5471 Convenience food vs. homemade counterpart: Compare cost and quality of convenience food and its home-made counterpart. Include recipe for homemade items.

5472 Convenience Foods: Entries use a mix as the base. Exhibitor must add at least 2 additional ingredients to mix. Exhibitors may prepare any type of recipe: main dish, casserole, dessert, breads, etc.

5473 Place setting for special occasion: Show an attractive, harmonious place setting for a special occasion meal (family celebration, picnic, barbecue, etc.) with an explanation for the choices of food and appointments. Please bring only minimum glassware and dinnerware to illustrate when necessary. Example: placemat, napkin, knife, fork, spoon, plate, and glass. Include a menu card, explanation for your choices, and a sketch or photo showing how the place setting should appear.

Outdoor Meals
5474 Properly packed picnic basket or sack lunch (miniature basket or box with menu, omit food). Method of food storage must be explained.

5475 Two pieces of homemade equipment for use on campfire such as buddy burner, tin can, skewers, charcoal, stone, reflector oven

5476 Meals in a backpack – must include menu.

5477 Outdoor grilled meal – must include menu

5478 Individual Exhibits. Miniature picnic area showing either equipment or safety features or types of cooking, with menu included.

5479 Innovative

5480 Any other

5481 Club exhibit

5482 Miniature picnic area showing either equipment and safety features or types of cooking done. Menu to be included, plus notebook done by each club member on their year in the 4-H outdoor meal project.

Cake Decoration – Real and Dummy Cake

1. Cake will be judged on appearance only.

2. Cake must be color-coordinated and neatly done, with no more than 10% of plastic decoration used.

3. Cake must include one or more decorating techniques.

4. Exhibitor must do all work on each cake.

5. Members should increase difficulty of project each year.

6. 1st and 2nd year members must use two new techniques each year, such as border row, flowers, petals, leaves, lettering, etc.

Rosette to best overall cake.

5484 On foil covered cardboard, 10 rows of techniques. Should be ten different techniques displayed.

5485 Six decorated cupcakes

5486 Decorated round cake

5487 Decorated tiered cake

5488 Decorated cake of any shape (other than round)

5489 Fondant Decorated Cake

5490 Decorated cut-up cake

5491 Decorated structure (house, barn, sugar eggs, etc.)

Wilton Award – One Wilton video, dvd or a newest publication of a special cake decorating book will be awarded to the Best of Show. A Wilton yearbook will be awarded to each “A” rating. Only one Wilton prize per person will be awarded at judge’s discretion.

Dairy Foods
Note: Eggs and Margarine are NOT dairy products.

5493 Food containing three dairy products with ¼ cup or more of each product.

5494 Dairy Beverage Example: Milk with another ingredient

5495 Dairy Dessert or snack made with milk, for example cheeses, yogurt, custards, pudding, ice cream or sandwiches.

5496 Dairy products educational project (poster, workbook) for example, Vitamin D, protein, calcium, fat, low fat, cheese, etc.

5497 Any other