

4-H FOOD PRESERVATION-DEPARTMENT HEF

Superintendent: Jessie Mitchell

Assist. Superintendent: Ashlee Tarbox

Enter at <https://piercecounityfair.fairentry.com/>

Entry Closing Date: Friday, July 24th, 2020

General Information:

- 1) All entries must demonstrate knowledge gained from projects in which the 4-H member is currently enrolled.
- 2) Please type into the description box 1. your division (junior, intermediate, or senior) and 2. how many years in the project.
- 3) Exhibitors may enter a maximum of 3 entries in each lot. No two entries may be the same product (e.g. not two strawberry jams).
- 4) Only commercially grown mushrooms may be entered.
- 5) Processing methods and times must follow current Washington State University and USDA recommendations. All water bath canning must follow current USDA or Ball Blue Book recommendations. All pressure canning must follow current USDA recommendations. Recipes and processing times listed by the National Center for Home Food Preservation are approved by USDA. Youth may find this information at their website <https://nchfp.uga.edu/>. Due to the potential presence of e-coli and salmonella bacteria on raw meat, Extension-approved instructions on making jerky must be followed. Instructions can be found in the publication PNW 632 Making Jerky at Home Safety (<https://pubs.wsu.edu>). Dried meats prepared using this publication will be accepted.
- 6) All canned products must be exhibited in standard canning jars, sealed with flat metal lids, with screw bands removed. NO sealing wax (paraffin) is allowed.
- 7) All canned and dried exhibits must be labeled. Use CO803 for canned foods and CO804 for dried foods. You may download these labels at <http://www.piercecounityfair.com/exhibitor-4h-info/exhibitor-guide/forms/>
The label should be placed on the jar lid for canned items and next to the food on white paper for dried products. Note the type of process (e.g. sun, oven, electric dehydrator, etc.).
- 8) Products canned at greater than 1,000 feet altitude will need additional processing time as described in food preservation publications. Fair judges will accept a "longer" processing time if the words "adjusted for high altitude" are noted in parenthesis on the label following the processing time.
- 9) Indicate on the labels for canned tomatoes if citric acid or lemon juice has been added, e.g.: "1/4 teaspoon citric acid added."

For class 130 - Points allowed: Blue 10; Red 8; White 6

| Class(s) | Lot(s) | Project | Required Exhibit Photos | Suggestions for photographing |
|----------|----------|-------------|---|---|
| 130 | Lots 2-6 | All Cannng | 1) jar front view 2) lid with required label 3) recipe, must include source 4) jar over a light source | Set jar in front of a white/light colored wall for photo #1. Hold jar over lightbulb or set on lighted phone screen for photo #4 so judge can see inside jar clearly. |
| 130 | 1 | Dried Foods | 1) dried food with required label | Spread 1/4 c. of dried food on white paper with CO804 label placed next to it on the paper. |

NOTE: recipe may be uploaded as a document instead of photo

4-H FOOD AND NUTRITION-DEPARTMENT HEC

Superintendent: Jessie Mitchell

Assist. Superintendent: Ashlee Tarbox

Enter at <https://piercecounityfair.fairentry.com/>

Entry Closing Date: Friday, July 24th, 2020

General Information: IMPORTANT - Display all exhibits in front of a white or light and blank background.

- 1) All entries must demonstrate knowledge gained from projects in which the 4-H member is currently enrolled.
- 2) Please type into the description box 1. your division (junior, intermediate, or senior) and 2. how many years in the project.
- 3) Entries may be made from a prepared mix or separate ingredients. Please indicate on the recipe if an entry was made from a prepared mix and include the instruction panel from the box; indicate if an entry has been frozen prior to exhibiting; and/or if the product was prepared in a microwave oven.
- 4) Each entry must be prepared by one individual. Group baking is not acceptable.
- 5) No two family or household members may enter the same recipe. Each entry from the same household must be appreciably different.
- 6) All entries must be different. Maximum of TEN entries per exhibitor, two per lot.

For classes 120, 125, & 126 - Points allowed: Blue 12; Red 10; White 8

| Class(s) | Lot(s) | Project | Required Exhibit Photos | Suggestions for photographing |
|-----------------|---------------|--|--|--|
| 120 | Lots 1 & 3 | All Breads | 1) entire loaf on a plate/tray 2) loaf cut in half, include any crumbs 3) complete recipe | Do an angled view of complete loaf for photo #1. Keep both halves of loaf and crumbs on the plate after cutting and center of bread facing forward for photo #2 |
| 120 | 1 | Muffins | 1) three muffins on a plate 2) one muffin cut in half, one half upright with cut side showing, one half laying on side with bottom showing, include any crumbs 3) complete recipe | All paper linings must be removed before photographing. Keep both halves of muffin and crumbs on the same plate after cutting for photo #2. Must have one half laying on its side with bottom showing. |
| 120 | 2 | Cookies (rolled, drop, biscotti, etc.) | 1) three cookies on a plate 2) three cookies upside down on plate 3) one cookie cut/broken in half including crumbs 4) complete recipe | Keep both halves of cookie and crumbs on the same plate after cutting/breaking for photo #3. |
| 120 | 2 | Bars and Brownies | 1) three bars/brownies on a plate 2) one bar/brownie cut in half, include crumbs in photo 3) complete recipe | Keep both halves of bar/brownie and crumbs on same plate after cutting for photo #2. |
| 120 | 4 | Other Desserts: | | |
| 120 | 4 | Cupcakes | 1) three cupcakes on a plate 2) one muffin cut in half, one half upright with cut side showing, one half laying on side with bottom showing, include any crumbs 3) complete recipe | All paper linings must be removed before photographing Keep both halves of cupcake and crumbs on the same plate after cutting for photo #2. Must have one half laying on its side with bottom showing. |

| | | | | |
|-----|---|-------------------|---|--|
| 120 | 4 | Cakes | <ol style="list-style-type: none"> 1) entire cake on a serving plate 2) cake with one slice removed, include crumbs in photo 3) slice of cake laying on side 4) complete recipe | Photograph cake at an angle, so top and side are both visible. |
| 120 | 4 | Sheet Cake | <ol style="list-style-type: none"> 1) entire cake in pan 2) one corner piece and one center piece on same plate 3) complete recipe | Corner must be facing forward in photo #2. |
| 120 | 4 | Fruit Desserts | <ol style="list-style-type: none"> 1) entire dessert in dish 2) dessert dish with one slice removed 3) slice of dessert on a plate 4) complete recipe | Don't remove any loose crumbs or juice/filling after cutting dessert. |
| 120 | 4 | Pies | <ol style="list-style-type: none"> 1) entire pie 2) pie with one slice removed 3) slice of pie on a plate 4) complete recipe | Don't remove any loose crumbs or juice/filling after cutting pie. |
| 120 | 4 | Candy | <ol style="list-style-type: none"> 1) three candies on a plate 2) same three candies upside down 3) one candy cut in half showing inside 4) complete recipe | When showing cut candy, leave both halves and any crumbs or broken pieces on the plate for photo #3. |
| 120 | 5 | Nutritious Snacks | <ol style="list-style-type: none"> 1) three of snack pieces on a plate 2) three snacks upside down on plate 3) one snack cut/broken in half including crumbs 4) complete recipe | Keep both halves of snack and crumbs on the same plate after cutting/breaking for photo #3. |

| | | | | |
|-----|---|--|---|--|
| 120 | 6 | NW Agricultural Product Featured in a Baked Item | see: " Required Exhibit Photos " and " Suggestions for Photographs " boxes for the type of product it is, such as bread, muffin, cookie, bar, dessert, cupcake, cake, pie, etc. | |
| 120 | 7 | Special Diet Baked Item (gluten-free, diabetic/sugar-free, or vegan, etc.) | see: " Required Exhibit Photos " and " Suggestions for Photographs " boxes for the type of product it is, such as bread, muffin, cookie, bar, dessert, cupcake, cake, pie, etc. | Include a photo of nutritional information or upload a document. |
| 120 | 8 | NEW! Chocolate Chip Cookie Change-Up | <ol style="list-style-type: none"> 1) three cookies on a plate 2) three cookies upside down on plate 3) one cookie cut/broken in half including crumbs 4) complete recipe | Start with the recipe on the back of a chocolate chips package. Change it up to make it your own (like add/change ingredients, change cookie shape, etc.). Then display your cookies in a creative manner (like serving plate, extra decorations, etc.). In addition to being judged like other cookies, they will also be judged on creativity. You must include a photo of the original package recipe and your new recipe with the changes. |
| 125 | 1 | Modified Recipe (starting with an existing recipe and modifying it for a special diet or to make healthier) | <ol style="list-style-type: none"> 1) photo of original recipe or uploaded document 2) photo or uploaded doc of modified recipe, listing and explaining the changes made to make the item healthier | Healthier changes could be: lower calories, lower fat content, lower sugar, etc. |

| | | | | |
|-----|---|---|---|--|
| 125 | 2 | <p>Menu Plan (list a menu for 3 days on an 8 1/2" x 11" paper; include a personal recipe book with at least 10 recipes for the plan; recipes must include ingredient lists and preparation instructions)</p> | <p>1) menu 2) cover of recipe book 3) if not uploaded document recipe book, include photos of each of at least 10 recipes used in menu plan</p> | <p>Uploaded documents may be substituted for photos.</p> |
| 125 | 3 | <p>Food Gift Basket (must have min. 3 different home prepared items, which can be baked, dried, canned, food mixes, etc.)</p> | <p>1) front view of finished/full basket 2) each home-prepared item displayed in front of a white/light colored background</p> | <p>Must include a photo of a 3"x5" card or upload a document that describes the occasion and/or purpose of the basket.</p> |
| 125 | 4 | <p>Preserved Quick Meals (include a menu for a meal with 3-5 jars of home canned/dried foods to be used in meal)</p> | <p>1) front view of all items in a row together 2) each home-canned/dried item displayed in front of a white/light colored background</p> | <p>Must include a photo of a 3"x5" card or upload a document with nutritional info and food preparation methods for the preserved items.</p> |

| | | | | |
|-----|---|--------------------|--|--|
| 125 | 5 | Decorated Cake | 1) front view of entire cake 2) top view 3) side view 4) back view | If each side view is unique, then add a fifth photo, so both sides are photographed. |
| 125 | 5 | Decorated Cupcakes | 1) front of three cupcakes in a row 2) three cupcakes together top view 3) back of three cupcakes in a row | Use same three cupcakes in all photos. |

For the following classes 126-128, exhibits do not move onto the State Fair. They are for competition at county fair only.

| | | | | |
|-----|---|--------------------|---|--|
| 126 | 1 | Recipe Development | see: " Required Exhibit Photos " and " Suggestions for Photographs " boxes for the type of product it is, such as bread, muffin, cookie, bar, dessert, cupcake, cake, pie, etc. | Entry must include a photo of a 3"x5" card or a uploaded document of the recipe and an explanation of the product, the process, and what was learned with this project. Entries will be judged on the overall quality of the product and originality. |
| 126 | 2 | Essay | Uploaded document | Members interested in writing about foods & nutrition may enter an essay of no more than 500 words. Please include your name and years in 4-H foods. Deadline for entry: July 16th. Essay will be judged on information, accuracy, and originality. |

For class 127 - Points allowed: Blue 15; Red 12; White 10

| | | | | |
|-----|---|---------------------------------|--|--|
| 127 | 1 | Small Display with Food Product | 1) completed display from the front (displayed in front of a white or light and blank background) 2) for lot 1, a photo or document of recipe & explanation | Food product must be made by exhibitor. Exhibit must include a photo of a 3"x5" card or an uploaded document with the recipe (for lot 1) and an explanation of what was learned in the preparation of the display. Information presented should be accurate, concise, and easily read from a short distance (3-4 feet). Small displays must be less than 15" wide, 15" high, and 12" deep. |
|-----|---|---------------------------------|--|--|

| | | | | |
|-----|---|-------------------------------|--|---|
| 127 | 2 | Small Display without product | completed display from the front (displayed in front of a white or light and blank background) | Information presented should be accurate, concise, and easily read from a short distance (3-4 feet). Small displays must be less than 15" wide, 15" high, and 12" deep. |
|-----|---|-------------------------------|--|---|

For class 128 - Points allowed: Blue 6; Red 4; White 2

| | | | | |
|-----|---|----------------------------------|--|---|
| 128 | 1 | Recipe File | 1) front view of entire file or box 2) each card | (6 cards-Juniors; 12 cards-Intermediates; 25 cards-Seniors) - Must be self-tested recipes with your own comments on the back. Photograph 4 cards per photo or create a slide show in PowerPoint. |
| 128 | 2 | A Day's Menu | 1) menu 2) nutritional info and explanation of what was learned | List calories and nutritional content. Give explanations of what was learned. |
| 128 | 3 | Nutrients List | chart | Also list best sources, functions, and RDA; 5 nutrients for Juniors; 10 nutrients for Intermediates; and 45 nutrients for Seniors. Display chart in front of a white or light and blank background. |
| 128 | 4 | Food Safety (handling & storage) | chart | Display in front of a white or light and blank background. |
| 128 | 5 | Cooking Terms | chart | Define cooking terms (i.e.: melt, mix, blend, pare, shape, etc.) - 20 for Juniors; 30 for Intermediates; and 40 for Seniors. Display chart in front of a white or light and blank background. |
| 128 | 6 | Food Price/ Shopping Comparison | chart | Display in front of a white or light and blank background. |
| 128 | 7 | Weight Loss Diets Evaluation | chart | Display in front of a white or light and blank background. |
| 128 | 8 | Other | chart | Display in front of a white or light and blank background. |

NOTE: recipe may be uploaded as a document instead of photo