

DIVISION XXX – FOODS AND NUTRITION

Miki Gross, Superintendent – 360-895-8296

SPECIAL DEPARTMENT RULES

1. **FOOD ENTRIES** and Food Contests open to all 4-H Foods and Adventure in Family Living project members. Entries should demonstrate knowledge gained from the project in which the member is currently enrolled. Food members **MAY NOT** enter Food Preservation entries or contests unless they are enrolled in a Food Preservation project for safety purposes.
2. Food exhibits to be accepted on Monday of Fair week in disposable containers between 12:00 p.m. and 8:00 p.m. Only one entry will be accepted under each lot number.
3. All entries in this Division (Classes A-F) and certain Food Preservation exhibits must be exhibited with a neatly hand written or typed plain cardstock no larger than 4" x 6". ***At the discretion of the Judge, as much as one place setting may be dropped for missing or incomplete card information required for the exhibit.*
 - o **Front of card** – Name of product, Recipe of product
 - o **Back of card** – Age of exhibitor, Explanation of what was learned relevant to the project and experience level, Number of years in cooking project
4. Alcoholic products are not to be used in any food product exhibit.
5. Cream filled, cream based or uncooked products will not be accepted for judging or display. Avoid high sugar and high fat foods.
6. Food and Nutrition members are also eligible to enter floral exhibits in Lots 55-70, Division XXII. These items will be accepted with food entries on Monday.

FOOD PRESERVATION

Open to Food Preservation project members only. Entries must be in **clean** standard canning jars: half-pint, pint or quart, tightly sealed **with jar rings removed** (except in Class N- Dried Foods).

1. Only one entry in each lot number.
2. No paraffin sealing will be accepted.
3. All entries must have been prepared by exhibitor after September 1, 2008.
4. Labeling – all entries must be labeled. Entries not properly labeled will be disqualified. Use current labels supplied by County Extension Office. This label should be placed on **lid** and labeled with the following information:
 - a. contents (if multiple contents, list all)
 - b. date of processing
 - c. method of processing
 - d. length of processing
 - e. style of pack (hot or cold)
 - f. poundage if pressure canned. List dial or weighted gauge.
 - g. Acidification (amount and type) for tomato products
5. **Recipes** on 3"x5" cards are **required** for all vinegar products, i.e. pickles and relishes, tomato products, syrups and pie fillings.
6. All entries must be processed according to current USDA/WSU recommendations:
 - a. PNW 172 Canning Vegetables – revised 9/93
 - b. PNW 199 Canning Fruits – revised 9/93
 - c. PNW 194 Canning Seafood – revised 9/97
 - d. PNW 300 Canning Tomatoes and Tomato Products – reprint 9/97
 - e. PNW 361 Canning Meats, Poultry and Game – 7/93
 - f. PNW 355 Pickling Vegetables – reprint 5/94
 - g. PNW 395 Salsa Recipes for Canning – reprint 96
 - h. PNW 183 Fish Pickling – revised 1/93
 - i. PNW 450 Smoked Fish – reprint 95
 - j. PNW 397 Drying Fruits and Vegetables – revised 6/95
 - k. EB 1665 Let's Preserve Jellies, Jams and Spreads – reprint 94
7. For **any item not listed in the above books, a recipe and source will be required for processing procedure and time.** Or use current "Ball Blue Book", "Putting Food By" or "Kerr Canning Book".

** STANDARDS FOR JUDGING

Uniform selection of products; condition of products and liquids; arrangement of pack; proportion of food and liquid; fullness of container; condition of container; appropriate container; adherence to above rules; and labeling.

CLASS A COOKIES

Points Allowed
Blue – 10, Red – 8, White – 6

Lot 1	Four drop cookies	Lot 6	Four nutritious cookies
Lot 2	Four bar cookies		a. less than 30-35% calories from fat
Lot 3	Four rolled cookies		b. less than 10-14% calories from sugar
Lot 4	Four shaped cookies (refrigerator, cookie press, peanut butter)		c. has reduced salt
Lot 5	Four “no bake” cookies	Lot 7	Four unusual cookies made from a recipe from another country
		Lot 8	Miscellaneous

CLASS B QUICK BREADS

Points Allowed
Blue – 12, Red – 9, White – 7

Lot 1	Four muffins (plain)*	Lot 10	Ginger bread, or similar, ½ loaf
Lot 2	Four muffins, (whole wheat)*	Lot 11	Nutritious quick bread (four muffins or ½ loaf)
Lot 3	Four cornmeal muffins*		a. less than 30-35% calories from fat
Lot 4	Four fancy muffins*		b. less than 10-14% calories from sugar
Lot 5	Nut bread, ½ loaf		c. has reduced salt
Lot 6	Fruit bread, ½ loaf (Nuts may or may not be included)	Lot 12	Quick bread made from a recipe from another country
Lot 7	Vegetable bread, ½ loaf	Lot 13	Miscellaneous
Lot 8	Four biscuits, plain or fancy		
Lot 9	Coffee cake, ½ cake		

* The use of muffin pan paper liners does not allow the true crust to be judged. Please do not use paper liners.

CLASS C YEAST BREADS

Points Allowed
Blue – 16, Red – 13, White – 10

Lot 1	Four yeast cornmeal muffins	Lot 10	Four sourdough rolls or ½ loaf of sourdough bread
Lot 2	Batter bread, ½ loaf	Lot 11	Nutritious yeast bread, (four rolls or ½ loaf)
Lot 3	Four yeast rolls, plain		a. less than 30-35% calories from fat
Lot 4	Four yeast rolls, wheat		b. less than 10-14% calories from sugar
Lot 5	Four fancy yeast rolls		c. has reduced salt
Lot 6	Bread, ½ loaf, white		d. made from whole grain flour
Lot 7	Bread, ½ loaf, wheat	Lot 12	Yeast bread made from a recipe from another country
Lot 8	Four cinnamon yeast rolls	Lot 13	Miscellaneous
Lot 9	Fancy yeast bread (braided, raisin bread, Swedish tea ring, etc.)		

CLASS D CAKES (not a mix)

Points Allowed
Blue – 15, Red – 12, White – 9

Lot 1	One half Angel cake, no icing	Lot 6	One half spice cake
Lot 2	One half white cake or four cupcakes, iced	Lot 7	Jelly roll
Lot 3	One half yellow cake or four cupcakes, iced	Lot 8	Cake made from a recipe from another country
Lot 4	One half chocolate cake or four cupcakes, iced	Lot 9	Miscellaneous
Lot 5	One half sponge cake, iced		

CLASS E DECORATED CAKES & FANCY NON-EDIBLE BREADS

Points Allowed
Blue – 18, Red – 14, White – 11

Lot 1	Decorated cake, whole, non-edible base	Lot 2	Sculptured non-edible bread
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CLASS F CANDY

Points Allowed
Blue – 12, Red – 9, White – 7

Lot 1	Peanut brittle	Lot 4	Divinity
Lot 2	Fudge	Lot 5	Miscellaneous
Lot 3	Chocolate, not molded		

CLASS G FOOD RELATED ITEMS

Points Allowed
Blue – 12, Red – 9, White – 7

Lot 1	Food related item, such as recipe holder, canister, placemat	Lot 3	Health exhibit.
Lot 2	Collection of favorite recipes (minimum of 24). Judging will be based on creativity, neatness, organization of collection.	Lot 4	Any food related item no larger than 2'x2' that carries out Fair theme
		Lot 5	Miscellaneous

CLASS H CANNED FRUITS

Points Allowed
Blue – 12, Red – 9, White – 7

Lot 1	Apple slices	Lot 10	Peaches
Lot 2	Applesauce	Lot 11	Pears
Lot 3	Apricots	Lot 12	Plums
Lot 4	Blackberries	Lot 13	Prunes
Lot 5	Berries, any other	Lot 14	Rhubarb
Lot 6	Cherries	Lot 15	Salsa
Lot 7	Fruit cocktail	Lot 16	Pie filling
Lot 8	Miscellaneous	Lot 17	Juice/Nectar
Lot 9	Nectarines		

CLASS I CANNED VEGETABLES (Must be pressure processed)

Points Allowed
Blue – 12, Red – 9, White – 7

Lot 1	Asparagus	Lot 8	Peas
Lot 2	Beans	Lot 9	Pumpkin, cubed
Lot 3	Beets	Lot 10	Spinach
Lot 4	Carrots	Lot 11	Swiss chard
Lot 5	Corn	Lot 12	Squash
Lot 6	Mixed vegetables	Lot 13	Succotash
Lot 7	Mushrooms		

CLASS J CANNED FISH AND MEATS (Must be pressure processed)

Points Allowed
Blue – 14, Red – 11, White – 8

Lot 1	Beef	Lot 5	Salmon
Lot 2	Pork	Lot 6	Fish, other than Salmon
Lot 3	Poultry	Lot 7	Meat Stock
Lot 4	Clams	Lot 8	Miscellaneous

CLASS K JAMS, PRESERVES, MARMALADE, CONSERVE AND JELLY

Points Allowed
Blue – 12, Red – 9, White – 7

Lot 1	Jam	Lot 6	Jelly
Lot 2	Preserves	Lot 7	Berry Jam
Lot 3	Marmalade	Lot 8	Berry Jelly
Lot 4	Conserve	Lot 9	Miscellaneous
Lot 5	Fruit Butter		

CLASS L PICKLES

Points Allowed
Blue – 12, Red – 9, White – 7

Lot 1	Dill	Lot 7	Relish
Lot 2	Sweet	Lot 8	Sauerkraut
Lot 3	Sour	Lot 9	Herb Vinegar
Lot 4	Bread and Butter	Lot 10	Beans
Lot 5	Beets	Lot 11	Miscellaneous
Lot 6	Fruit i.e. pear, apple, peach		

CLASS M DEHYDRATED FOODS

Points Allowed
Blue – 10, Red – 8, White – 6

All dehydrated foods must be in standard canning jar with jar ring and must be labeled. Information on the label should tell the kind of food, method of drying (oven, air, dehydrator), drying time, pre-treatment used (if any), date dried. List any herbs used in Lots 21-25.

Lot 1	Apples	Lot 14	Miscellaneous
Lot 2	Apricots	Lot 15	Cabbage
Lot 3	Bananas	Lot 16	Onions
Lot 4	Grapes	Lot 17	Parsley
Lot 5	Peaches	Lot 18	Peas
Lot 6	Pears	Lot 19	Zucchini
Lot 7	Plums	Lot 20	Leather
Lot 8	Strawberries	Lot 21	Dried herb
Lot 9	Tomatoes	Lot 22	Herb salad mix
Lot 10	Beans	Lot 23	Italian herb mix
Lot 11	Beets	Lot 24	Mixed herbs
Lot 12	Carrots	Lot 25	Dried herb pantry (3-jar selection)
Lot 13	Nectarines		

CLASS N SMALL DISPLAYS

Points Allowed
Blue – 12, Red – 9, White – 7

- Object of this exhibit is to serve as a teaching aid to viewers.
- Subject matter should focus on one type of food preservation such as freezing, canning, drying, pickling or jam and jelly making. May included samples of recommended vs. non-recommended methods of food preservation.
- Principal portion must be composed of actual samples.
- Pictures and drawings are permitted. Information presented should be accurate, concise and easily read from a short distance (3 – 4 feet).
- Display will be judged on the following: neatness, attractiveness, suitability, accuracy and completeness of subject matter as it relates to the learning experience. Scorecard used will be "Evaluation of Educational Displays", C0679.
- Size: Space limited to 3' wide and 18" deep.

Lot 1	With food product made by exhibitor	Lot 2	Without food product made by exhibitor
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