

DEPARTMENT 25

Foods and Nutrition

Food Preservation

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Foods and Nutrition - General Guidelines

- Exhibitor must be enrolled in a Foods and Nutrition Project or other youth groups doing equivalent work.
- Grade is as of January 1 of current year.
- Exhibitors must enter in Class for their enrolled project.
- Limit of 7 food and 2 non-food entries *per exhibitor in classes A-D*.
- Exhibitors entering classes A-D are also eligible to enter Class E, F, & G.
- **FOODS JUDGING is PRE-fair on Monday of Fair Week. Conference judging schedule will be in 4-H Newsletter.**
- **Exhibitors MUST be present for judging. Conflicts handled on individual basis.**
- **Exhibitors MUST bring entry tags on Judging Day to receive a premium. Participation ribbons will be given if tags are missing.**
- Exhibits are taken home by exhibitor except for following which remain at Fair: *posters, menu displays, activity displays, mobiles, recipe boxes, & canned/dehydrated foods.*
- Favorite Foods Revue is a summer event (Pre-fair event.) *Watch the Newsletter for dates/details.*
- Food Activity Displays are judged at Favorite Foods Revue.
- All exhibits **MUST** be prepared solely by the exhibitor.
- *To prevent spoilage, keep cold foods cold, hot foods hot. Use coolers/insulated containers for transporting foods.*
- Furnish plates/serving dishes as specified or appropriate. Place settings not used at Fair. Coasters should be under beverages.
- Entries with [*] **MUST** use recipe from **2002 Dark Blue 4-H project material** (*Refer to page number indicated for details*). Exhibitors not having the current literature should contact their Foods Leader or the UW-Extension Office.
All other food entries must include a recipe on 3x5" card.
- Breads are to be baked in a 9x5x3" loaf pan.
- NO placemats, flowers, napkins etc.
- Garnish food when appropriate.
- Creativity is very much encouraged.
- All posters must be 14"X 22". Mobiles must be ready to hang.
- **Premium lowered one placing for incorrect serving size.**

CLASS A - Six Easy Bites

- 1.* One (1) Mama Mia Pizza Pocket (*p.8*)
 - 2.* Three (3) Granola Bars (*p.14*)
 - 3.* Three (3) Homemade Brownies (*p.22*)
 - 4.* One (1) Colossal Chocolate Crunch Cookie (*p.34*)
 - 5.* Three (3) Chocolate Chip Muffins (*p.36*)
 - 6.* One (1) Micro-stuffed Potato (*p.38*)
 7. Fruit Plate (*5 kinds of fruit; 1 serving*)
 8. Holiday Food Item (*any related food item/candy*)(*Recipe on 3x5" card*)
 9. Edible Centerpiece
 10. Any dish (*sandwich, casserole, etc*) prepared in the microwave. (*1 serving*) (*Recipe on 3x5" card*)
 11. Chef's Choice: Any Main Dish, Sandwich or Vegetable (*1 serving*) (*Recipe on 3x5" card*)
 12. Chef's Choice: Any Dessert (*1 serving*) (*Recipe on 3x5" card*)
 13. Chef's Choice: Any Salad (*1 serving*) (*Recipe on 3x5" card*)
 14. Poster on Healthy Food Selection, Smart Food Purchasing, Food Preparation, Food Safety, Food Preservation or Careers
 15. Any "Extra Bite" activity from "Six Easy Bites" project book
 16. Mobile showing main idea learned in "Six Easy Bites" project
 17. Packed school lunch (Follow current guidelines for health and safety.)
 18. Recipe box with 10 favorite recipes
- Premium: Conference Judging \$2.00 \$1.75 \$1.50 \$1.25**

CLASS B - Tasty Tidbits

- 1.* Frozen Broccoli (*1 pint freezer bag*) (*p.42*)
- 2.* Going Bananas (*1/2 pt jar each of frozen and dried chips*) (*p. 46*)
- 3.* Three (3) Whole Wheat Muffins (*p. 8*)
- 4.* One (1) cup Marinated Vegetable Salad (*p.10*)
- 5.* One (1) Melon Boat (*p. 11*)
- 6.* Six (6) Nachos (*p. 12*)
- 7.* Make Your Own Yogurt (*1 cup*) (*p.26*)
- 8.* Baking Better Batters Cake Comparison (*Bring a 2" corner square of each cake: one made with applesauce & one w/oil*) (*p.32*)
- 9.* Three (3) Twisty Pretzels (*regular or cheese*) (*p. 34*)
- 10.* Easy Cheesy Lasagna (*one serving*) (*p. 36*)
- 11.* Three (3) Baking Powder Biscuits (*any variety*) (*p. 38*)
- 12.* Italian Noodles (*1 serving*) (*p.52*)
13. Swedish Meatballs (*1 serving*)(*Recipe on 3x5" card*)
14. Arrangement of 5 assorted vegetables around a container of homemade lowfat dip arranged on a plate. (*Include dip recipe on*

- 3x5" card) (1 serving)
15. Any dish (*sandwich, casserole, etc*) prepared in the microwave (1 serving) (Recipe on 3X 5" card)
 16. Chef's Choice: Any Main Dish, Sandwich or Vegetable (1 serving) (Recipe on 3x5" card)
 17. Chef's Choice: Any Dessert (1 serving) (Recipe on 3x5" card)
 18. Chef's Choice: Any Salad (1 serving) (Recipe on 3x5" card)
 19. Holiday Food Item (any related food item/candy)(Recipe on 3x5" card)
 20. Edible Centerpiece
 21. Learning game teaching concepts from any of the 6 Bites
 22. Poster on Healthy Food Selection, Smart Food Purchasing, Food Preparation, Food Safety, Food Preservation or Careers
 23. Any "Extra Bite" activity from "Tasty Tidbits" project book
 24. Mobile showing main idea learned in "Tasty Tidbits" project
 25. Packed school lunch (Follow current guidelines for health and safety.)
 26. Recipe box with at least 15 recipes including breads, salads, and cookies/bars

Premium: Conference Judging \$2.50 \$2.25 \$2.00 \$1.75

CLASS C - You're the Chef

- 1.* Make-Your-Own Casserole (*pot pie size*) (p. 16)
- 2.* One loaf Banana Quick Bread (*no bread machine*) (p.18)
- 3.* One Yeast Tea Ring (*no bread machine*) (p. 30)
- 4.* Breadsticks (*plate of 5*) (p.34)
- 5.* Stir Fry (1 serving) (p.36)
- 6.* Zesty Canned Salsa (p. 40)
- 7.* Jiffy Jam (1 or 1/2 pint) (p.42)
- 8.* Canned Pickle Relish (2 pints) (p. 44)
9. Chef's Choice: Any Soup (1 serving) (Recipe on 3x5" card)
10. Any dish (*sandwich, casserole, etc*) which is prepared in the microwave (1 serving) (Recipe on 3X 5" card)
11. Chef's Choice: Any Main Dish, Sandwich or Vegetable (1 serving) (Recipe on 3x5" card)
12. Chef's Choice: Any Dessert (1 serving)(Recipe on 3x5" card)
13. Chef's Choice: Any Salad (1 serving) (Recipe on 3x5" card)
14. Holiday Food Item (any related food item/candy)(Recipe on 3x5" card)
15. Edible Centerpiece
16. Any "Extra Bite" activity from "You're the Chef" project book
17. Poster on Healthy Food Selection, Smart Food Purchasing, Food Preparation, Food Safety, Food Preservation or Careers
18. Lunch/Brunch Menu Display-Follow My Food Pyramid concepts. Write menu on 4x6" card. *Include 3x5" recipe card for main dish & other foods.* One recipe (star it) must be from project manual. Mount on 14x22" poster board.

19. Packed school lunch (Follow current guidelines for health and safety.)
20. Recipe box with at least 20 recipes including creative side dishes, main dishes, and desserts.

Premium: Conference Judging \$2.50 \$2.25 \$2.00 \$1.75

CLASS D - Foodworks

- 1.* Two (2) Bean Burritos (p. 12)
- 2.* Meat Loaf-entire loaf (p. 28)
- 3.* Pie Crust (1 rolled crust-baked) (p. 32)
- 4.* Double-Crusted Apple Pie-entire pie (*no canned pie filling*) (p.32)
- 5.* Canned Beans (2 pints or 2 quarts) (p. 38)
- 6.* Jelly without pectin (1 or 1/2 pint) (p. 42)
7. One (1) loaf of any handmade yeast bread (*No bread machines*)
8. Handmade yeast dinner rolls (*plate of 3*)
9. Handmade yeast sweet rolls-unfrosted (*plate of 3*)
10. Handmade yeast croissant rolls (*plate of 3*)
11. Chef's Choice: Any Soup (1 serving) (Recipe on 3x5" card)
12. Any dish (*sandwich, casserole, etc*) which is prepared in the microwave (1 serving) (Recipe on 3x5" card)
13. International Food (*Include 3x5" card with nationality & recipe*)
14. Packed school lunch (Follow current guidelines for health and safety.)
15. Chef's Choice: Any Main Dish, Sandwich or Vegetable (1 serving) (Recipe on 3x5" card)
16. Chef's Choice: Any Dessert (1 serving) (Recipe on 3x5" card)
17. Chef's Choice: Any Salad (1 serving) (Recipe on 3x5" card)
18. Holiday Food Item (any related food item/candy)(Recipe on 3x5" card)
19. Edible Centerpiece
20. Any "Extra Bite" activity from "Foodworks" project book
21. Poster on Healthy Food Selection, Smart Food Purchasing, Food Preparation, Food Safety, Food Preservation, Careers, or International Foods
22. Dinner Menu Display (*Indicate if dinner is for special theme/occasion*). Follow ALL concepts from My Food Pyramid. Write menu on 4x6" card. *Include 3x5" recipe card for main dish & other foods.* Mount on 14x22" poster board.

Premium: Conference Judging \$3.00 \$2.75 \$2.50 \$2.25

Class E - Dairy Fun

Minimum of 3 dairy products must be used in recipe (Imitation whipped products are not dairy products.) Recipe on 3X5" card

1. Dairy Main Dish
2. Dairy Salad/Side Dish
3. Dairy Dessert

Premium - Face-to-Face Judging \$3.00 \$2.75 \$2.50 \$2.25

Favorite Foods Revue & Food Activity Display

- Open to everyone enrolled in Foods and Nutrition Project or other youth groups doing equivalent work.

- *Entries are judged Face-to-Face at a summer event. (Pre-fair event)*

Watch 4-H Newsletter for details and date to be held.

- Grade as of January 1 of current year
- Should relate to enrolled project.
- Exhibitors can enter up to 3 categories in Class F and 1 entry in Class G

CLASS F - Favorite Foods Revue

- Favorite Foods Revue entries must be prepared by exhibitor -- no pre-packaged mixes

Grade 8 & under exhibitors must bring display to show:

- **One food** (*with recipe on 3x5" card*)
- **meal menu**
- **table cloth or placemat and appropriate table service**
- **centerpiece** (*which corresponds with meal theme*)

1. Healthy Breakfast
2. Luncheon Menu
3. Picnic Foods
4. Healthy Snack
5. Fast, Fabulous & Fun

Grade 9 and older exhibitors must bring display to show:

- **Two foods** (*one to be Main Dish*) (*with recipes on 3x5" cards*)
- **meal menu**
- **table cloth or placemat and appropriate table service**
- **centerpiece** (*which corresponds with meal theme*)

6. Healthy Breakfast
7. Luncheon Menu
8. Special Occasion Meal
9. International Meal
10. Tailgate Party

Premium - Face-to-Face Judging \$3.00 \$2.75 \$2.50 \$2.25

CLASS G - Food Activity Display at Foods Revue

- Choose one activity from the project you are enrolled in. (*You may use "Extra Bite" ideas.*) Do the chosen activity.
- Set up a display of your activity.

- Exhibitors are to set up displays independent of leaders and parents.

- Displays should include:

- Steps in your activity on a 8½x11" or larger card
- Kitchen Talk (*see project material*) on 8½x11"+ card
- Card table display of activity **with examples**

1. Six Easy Bites Project
2. Tasty Tidbits Project
3. You're the Chef Project
4. Foodworks Project

Premium - Face-to-Face Judging \$3.00 \$2.75 \$2.50 \$2.25

CLASS H Food Preservation General Guidelines

- Open to youth in Food Preservation project or other youth groups doing equivalent work.
- *Entries are judged Conference Style on Monday of Fair Week.*
- **Exhibitors MUST be present. Conflicts handled on individual basis**
- **Conference judging schedule will be in the 4-H newsletter**
- Grade as of January 1 of current year.
- No limit to the number of entries.
- Guidelines in current UW-Extension Food Preservation bulletins will be used for all canning, freezing and dehydration exhibits
- For each **CANNING** [including jams/jellies] entry, attach a 3x5" card w/recipe. Recipe from UWEX Food Preservation Bulletin, list bulletin name, page # and recipe title. Any other recipe written in entirety.
- Jars must be standard pint or quart size canning jars, except for jam or jellies which must be in standard half-pint or pint jars, with self-sealing lids. (no paraffin) Jars should be clear in color. **Attach a label to EACH jar/container BEFORE bringing it to fair.**
- Hot jars will not be accepted. Jars should be clean, not sticky.
- Jar rings must be removed before being brought in for judging.
- The right is reserved to open any products.
- *Any signs of spoilage will disqualify the entry.*
- Exhibits must be fresh products preserved since last year's fair.
- **Each CANNING entry MUST have two jars.**
After judging, one jar will be taken home.
- **Each FROZEN exhibit MUST be two packages**
(at least one PINT per container for EACH package)
- **Each DEHYDRATED exhibit MUST be in container at least one-half pint in size.** (One container required per exhibit)

[Sample labels]

FOOD PRESERVATION--Canned
Item _____
Date Preserved _____
Hot Pack ___ or Cold Pack ___
Pressure Canner ___ #pressure ___
Hot Water Bath ___ Time _____
Total Jars Canned by Member _____

FOOD PRESERVATION--Frozen
Item _____
Date Preserved _____
Blanching Time _____ Pre-Treat _____
Total Pkgs. Frozen by Member _____

FOOD PRESERVATION--Dehydrated
Item _____
Date Preserved _____
Drying Time _____ Pre-Treated _____
Total Amt Dehydrated by Member _____

Grades 4-8:

FROZEN:

1. Peas
2. Green or Yellow Beans
3. Strawberries, whole or sliced
4. Peaches, halved or sliced

SOFT SPREADS-Jams & Jellies (*No freezer jam or jelly*):

5. Strawberry Jam
6. Any Other Variety Jam
7. Grape Jelly
8. Any Other Variety Jelly

CANNED:

9. Tomatoes, whole or quartered
10. Tomato Juice
11. Rhubarb
12. Berries
13. Cherries, pitted
14. Applesauce
15. Peaches, halved or sliced
16. Pears, halved or sliced

PICKLED:

17. Any pickled item

DEHYDRATED:

18. Fruit
19. Vegetable
20. Fruit Leather

Premium: Conference Judging \$2.00 \$1.75 \$1.50 \$1.25



One award, presented by Jarden Home Brands, may be given in each of the Fruits, Vegetables, Pickles and Soft Spread categories. **To qualify for awards, items must be canned using the same brand of jar and lid, either Ball or Kerr. In addition, Soft Spreads entries must be prepared using one of the Ball Fruit Jell Pectins. Bring along the**

UPC from the package as proof.

Premium: Conference Judging \$3.00 \$2.75 \$2.50 \$2.25

Grade 9 & Up:

FROZEN:

21. Peas
22. Green or Yellow Beans
23. Any Other Vegetable or Vegetable Combo
24. Strawberries, whole or sliced
25. Any Other Fruit

SOFT SPREADS-Jams & Jellies (*No freezer jam or jelly*):

26. Strawberry Jam
27. Any Other Variety Jam
28. Grape Jelly
29. Any Other Variety Jelly

CANNED:

30. Tomatoes, whole or quartered
31. Tomato Juice
32. Tomato Sauce/Pizza or Spaghetti Sauce
33. Stewed Tomatoes
34. Berries
35. Cherries, pitted
36. Applesauce
37. Apples, halved or quartered
38. Peaches, halved or sliced
39. Pears, halved or sliced
40. Any Other Fruit or Fruit Combo
41. Carrots
42. Green or Yellow Wax Beans
43. Sweet Corn-Whole Kernel
44. Any other Vegetable or Vegetable Combo
45. Meat

PICKLED:

46. Sweet Pickles
47. Dill Pickles
48. Bread and Butter Pickles
49. Salsa
50. Any Other Pickled Item

DEHYDRATED:

51. Fruit
52. Vegetable
53. Fruit Leathers
54. Meat
55. Herbs