

Division Q

Food Preservation and Foods Nutrition

Judging: Refer to fair schedule

4-H Food Sale Will Begin At 9:30a.m.

1. Read general rules. 'All exhibits must be entered by 11:00a.m.
2. Exhibits must have been preserved since the member's previous years county fair, and not been exhibited at the previous State Fair. Example For fair date of August 15, 2014 items canned following that date would be at the 2015 fair.
3. Exhibits must be sealed in clean, clear standard jars, with items matching in brand (ex. Use Ball lids on Ball Jars, or use Kerr lids on Kerr Jars, etc.) two piece lids. Do not add fancy padded lids, fabric over wraps, or cozies as they interfere with the judging process. No fancy packs unless recipe stated to do so (ex. Pickled asparagus) Jars must be sealed when entered. For food safety reasons, the size of the jars used must not be larger than the jar size stated in the recipe. Note: There are now 12 ounces and 24 ounce canning jars available and may be used. Use pint jar process recommendation for 12 ounce jars. Use quart jar process recommendations for 24 ounce jars.
4. All methods of processing and processing time must be stated on label.
5. Recommended recipes and processing methods must be used. Recipes must be from 1995- present. Processing methods that will be disqualified include: open kettle canning, over canning, and sun canning. Untested recipes will be disqualified for food safety reasons. Recommended recipe resources include: K-State Research and Extension Food Preservation publications, USDA Complete Guide to Home Canning; So Easy To Preserve, 6th edition; The University of Georgia Cooperative Extension Service, Bail Blue Book Guide to Preserving; Bail Complete Book of Home Preserving; Canning mixes (i.e. Mrs. Wages Bail); Pectin Manufacturers (i.e. Sure Jeil, Bail); <http://www.rrc.k-state.edu/preservation/recipes.html>. Refer to following K-State Research Publication for more information. 4H712, Food Safety Recommendations for Food Preservation Exhibits (<http://www.ksre.ksu.edu/bookstore/pubs/4H712.pdf>). MF3171 "Sassy Sage Salsa at Home" (<http://www.ksre.ksu.edu/bookstore/pubs/MF3172.pdf>)
6. Open only to member enrolled in food projects.
7. Labels - Each jar exhibited must be labeled the label must not cover the brand name of jar. the label must give Class No. Division, Product, Canning Method water bath, weighted gauge or dial gauge pressure method. Process time, pressure (psi), date process including month and year, name and county/district. Label templates may be found at <http://www.kanas4h.org/p.aspz?tabid=46>.
8. Judging - The exhibit will be judged on quality of canned products and choice of foods.
9. Classes 320-325 require 1 jar per class.

10. Each exhibit must have complete recipe and instructions attached with the entry card, or it will be lowered one ribbon placing. Recipe must include exhibitor name, recipe source, date of publications, altitude of residence.
11. Items entered in Food Preservation - Classes 320-326 WILL NOT BE SOLD.
12. Alcohol is NOT ALLOWED as an ingredient in food entries. Entries with alcohol in the recipe will be disqualified and not judged.
13. All baked good must be left whole and uncut. small items such as cookies and rolls, should be the same shape and from the same recipe. Exhibit 3 cookies, 3 muffins, 3 bread sticks, 1 loaf of bread etc.
14. Under baked entries will be lowered one or more ribbon placings.
15. All un-frosted cakes should be exhibited in an upright position with crust showing. the exception is for cakes made with special designs such as Bundt cakes. They should have top crust side down. attach gummed label to bottom of plate or cardboard. Label templates are available at <http://www.kansas4h.org/doc1331.ashx> or make your own with the following information: Class Number, Food Product Name, 4-H member's name, and county or district.

Food Preservation

- Class 320** - Sweet Spreads (Fruit and/or Vegetables), Syrups. (1 jar).
- Class 321** - Fruits, Juices, Fruit mixtures (Salsa, Pie filling, etc.). (1 jar).
- Class 322** - Tomato / Tomato products (i.e. Tomato Juice and Tomato Salsas). (1jar)
- Class 323** - Low Acid Vegetables (Green Beans, Corn, Etc. or Vegetable Mixtures). (1jar)
- Class 324** - Pickles (Fruit or Vegetable) Fermented Foods and Relish and Chutney. (1 jar)
- Class 325** - Meats. (1 jar)
- Class 326** - Dried Foods. (1 jar)

Foods & Nutrition

1. Read general rules.
2. 4-H'ers must be enrolled in levels entered.
3. Maximum number of entries: 3 food entries and on nutrition poster, if enrolled in more than one level.
4. Entry card must be filled out before entering.
5. Recipes are required for all entries.
6. All products must meet the requirements listed for the class or they will not be accepted.
7. Remove baked products from baking pans and place on paper plates or on covered cardboard cut to clear food grade plastic bag or disposable clear plastic container. the entire product must be entered. Attach gummed label to bottom of plate or cardboard. Label templates are available at www.kansas4-horn/p.aspx?tabid=46 or make your own with the following information: Class number and name, product, 4-H Member's name, and County or district.
8. All unfrosted cakes shall be exhibited in upright position with top crust showing, except those cakes with special design sauce as Bundt cakes which should be top crust down.

9. For food safety purposes, any food with custard and dairy-based fillings and frostings (i.e. Cream cheese), raw eggs, flavored oils, “canned” bread or cakes in a jar, cut fresh fruit or any food requiring refrigeration (ex. Bacon will be disqualified and not judged). Refer to K-State Research and Extension publication, 4-H888, Judges Guide for Food and Nutrition Exhibits, for information to help you make informed, safe food exhibit decisions.
10. All Food products will be placed on sale in this dearest beginning at approximately 9:30a.m. after judging.
11. Pricing will be set by Divisions Superintendent.
12. 4-H’ers can purchase their own exhibit following judging.

Conference Judging

Exhibits will be judged by conference judging with the 4-H’er, parent, and/or leader hearing the judge’s comments. Those 4-Hers unable to be present may send their exhibits with a leader. Entries will be judged as they are entered.

Food Classes Are:

Level I Beginning (ages 7-8)

Class 330 - Popcorn Snack (1 cup)

Class 331 - Muffins from a mix. Do not use paper liners (3)

Class 333 - Muffins from a scratch. Do not use paper liners (3)

Class 334 - Cupcakes from a mix, frosted or unfrosted; Paper liners may be used (3)

Level II Intermediate (ages 9-11)

(Use of whole grain flour, fruits and/or nuts encouraged)

Class 335 - Drop Cookies (3)

Class 336 - Nutritious Bar Cookies (3)

Class 337 - Molded Cookie (3)

Class 338 - Soft Pretzels (3)

Class 339 - Rolled Baking Powered Biscuits (3)

Class 340 - Muffins, from scratch, do not use paper liners (3)

Class 341 - Loaf Quick Bread, (7”X3” or 9”X5” size)

Level III Advanced (ages 12-14)

Class 342 - Loaf Yeast Bread, White (9”X5” loaf)

Class 343 - Loaf Yeast Bread, Whole Wheat (9”X5” loaf)

Class 344 - Loaf Yeast Bread, any type, made with bread machine.

Class 345 - Loaf Yeast Bread, any type, dough made with bread machine, shaped and baked traditionally.

Class 346 - Variety Yeast Bread (examples - yeast coffee cake, raisin bread, dinner rolls (3), cinnamon rolls (3)

Class 347 - Variety Yeast Bread, dough made with bread machine shaped and baked traditionally.

Class 348 - Loaf Quick Bread (9”X5” or 7”X3” loaf size)

Class 349 - Quick Bread 8" or 9" square or round. (Examples; gingerbread, coffee cake, Boston brown bread)

Class 350 - Muffins, made from scratch, do not use paper liners (3)

Class 351 - Rolled Cookies (3)

Class 352 - Cake, (8" or 9" round or square, unfrosted) (1)

Level IV Senior/Advanced (ages 15-18)

Class 353 - Layer cake, 1 or 2 layers, (8" or 9" round or square, frosted)

Class 354 - Angel Food or Sponge Cake or 3 Angel Food or Sponge Cupcakes, unfrosted.

Class 355 - Specialty Yeast Bread (examples: onion flat-bread, American thin bread, bread sticks (3))

Class 356 - Fruit Pie, double crust in disposal pan.

Class 357 - Food Gift Pack, ages and/or Specialty Food Product. No alcoholic beverages will be accepted. A food fit package must contain at least 3 different food items repeated for human consumption, made by the 4-H'er, in a suitable container no larger than 18"X18"X18". Prepared food items must have recipes attached with the entry. Additional homemade food items beyond the 3 minimums, or purchased items may also be included in the Gift Basket. On the back of the entry card, answer these questions.

A) What is the intended use:

B) What food safety precautions were taken during and after preparation? This entry will count as a non-perishable food product. (Packaging materials or containers will not be sold at the Food Sale unless exhibitor so desires). Home canned foods must follow Food Preservation rules. Canning jars should not be used for baking per manufacture's instructions. They could break during baking.

Class 358 - Modified non-perishable food product. Product must be modified from original recipe to nutritionally enhance the food product. Attach one- 8 1/2"X11" page (front and back) that includes Original Recipe, Modified Recipe, and Narrative to describe modifications made, why modifications were made and lessons learned such as nutritional value, or changes in appearance, done-ness, aroma, flavor, tenderness, and/or texture. Example: a standard blueberry muffin recipe that is modified to make it gluten free. Suggested resources: Altering Recipes for Better Health Purdue University: <http://www.extension.purdue.edu/extmedia/CSS/cvs-157-w.pdf>.

Educational Exhibits (Open to all phases)

Class 359 - Exhibits can be on topics such as nutrition, food safety, food preparation, food groups, fitness, etc. The educational exhibit can be poster, notebook or other display showing and describing something learned and describing something learned, a project activity done, a food-nutrition community service program, etc. Should relate to things done in the project in which member is enrolled.

No card table displays are allowed. If the exhibit is a poster, it must not be larger than 22"X28". Displays are not to exceed a standard commercial 3'X4' Tri-Fold display board.

Note: A collection of your favorite recipes in a recipe box does not constitute an educational exhibit.
Care should be taken to select durable materials that will withstand Fair conditions.