

# FOODS

## Dept 102 Sec F

1. Review General Rules.
2. Only non-perishable foods entered at the county fair. Non-perishable is any food that will remain edible for several days if kept at room temperature.
3. Members must exhibit in the level they are enrolled in. No exhibitor may enter more than 8 entries in the non-perishable foods division. Entries must be different recipes. 4-Hers are encouraged to use whole grain flour, fruits, nuts, etc.
4. For food safety purposes, any food with custard and cream cheese type fillings and frostings, flavored oils, canned bread or bread /cakes in a jar, or food requiring refrigeration will not be judged. Refer to K-State Research and Extension publication, 4-H 712, Food Safety Recommendations for Acceptable Fair Exhibits, for information to make informed, safe food exhibit decisions.
5. The entire product must be entered and uncut. Exhibit 3 on a plate of: cookies, rolls, muffins, biscuits, pretzels, and any small item. One cup of: Snack mix, trail mix, party mix, granola. Whole product exhibited: Quick bread loaf, specialty bread, cakes, pies, coffeecakes, cobblers and any larger item. Standard pan sizes are required. (breads: 4"x8" or larger, cakes: 8" or larger and pies; 9" or larger). All unfrosted cakes should be exhibited in an upright position with crust showing, except for those cakes made with special designs such as Bundt cakes. They should have top crust side down.
6. Remove baked products from pans and place on disposable plates, covered or waxed cardboard. Foods such as pies and cobblers must be in disposable pans. Attach a gummed green and white 4-H label on the bottom of the container with name and class.
7. Food exhibits must be presented to the judge in disposable containers such as food plastic bags or disposable plastic containers or boxes but should not be wrapped in plastic wrap. Carefully secure the entry tag and the recipe to the outside of the exhibit. **Recipes are required for all foods.**
8. Exhibitors age 9 and older by January 1 of the current year and receiving a purple ribbon are eligible to exhibit one food item and one educational exhibit at the Kansas State Fair.
9. **Food Sale:** All entries except champions will be sold on Wednesday after the food is judged. Proceeds go to 4-H Council.
10. **Food Auction:** 4-Hers with champion food exhibits are invited to make a fresh food product for the Sale of Champions. Proceeds from the food auction benefit the 4-H Holding Board. Champions should meet in the foods department with their food at a designated time on Sunday.
11. Educational Classes: Exhibits may be in the form of a poster, notebook or display. Follow copyright laws. If the exhibit is a poster, it must not be larger than 22" x 28". If the exhibit is a display, maximum size is a 2' x 3' tri-fold display board. A collection of your favorite recipes in a recipe box or notebook does not constitute an educational exhibit.
12. Food Gift Package and/or Specialty Food Product. No alcoholic beverages will be accepted. A food gift package must contain at least 3 different food items (prepared for human consumption), made by the 4Her, 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 minimum or purchased items may also be included in the gift basket. Be prepared to answer these questions:
  - a) What is the intended use?

b) What food safety precautions were taken during and after preparations? This entry will count as a non-perishable food product, not as an educational exhibit.

13. A Champion and Reserve champion will be named in each level. From these a Grand and Reserve Grand will be named and other food products moved up to the Champion level. Other top food items to be named are: Best Cookie, Best Quick Bread, Best Yeast Bread Loaf, Best Yeast Bread Other, Best Pie and Best Cake.

### **Level 1 (ages 7-8)**

3600 - Non-perishable food product from the 4-H Foods and Nutrition Curriculum or similar recipe (appropriate to age and experience). Suggestions: Snack mixes, granola, drop cookies, no bake cookies, bar cookies, brownies, and cupcakes May make brownies and cupcakes from a mix, but will need to indicate "mix" on entry card.

3601 - Educational Exhibit, see rule 11

3602 - Food Gift Package and/or Specialty Food Product see rule 12

**Champion and Reserve Champion Level I**

### **Level 2 (ages 9-10-11)**

3603 - Non-perishable food product from the 4-H Foods and Nutrition Curriculum or similar recipe (appropriate to age and experience). Suggestions: Drop or molded cookies, bar cookies, muffins, biscuits, loaf quick bread, single layer cake, frosted or unfrosted. No exhibits from Level 2 may be made from or contain a commercial mix or prepared dough.

3604 - Educational Exhibit, see rule 11

3605 – Food gift package and/or Specialty Food Product-See rule 12

**Champion and Reserve Champion Level II**

### **Level 3 - (ages 12-13-14)**

3606 - Non-perishable food product from the 4-H Foods and Nutrition Curriculum or similar recipe (appropriate to age and experience). Suggestions: Refrigerator cookies, quick breads, coffee cakes, cakes 1-2 layers frosted, pie, cobblers, international recipes, yeast breads. No mixes or prepared dough.

3607 - Education Exhibit, see rule 11.

3608 - Food gift package and/or Specialty Food Product -See Rule 12

**Champion and Reserve Champion Level III**

### **Level 4 - (ages 15-18)**

3609 - Non-perishable food product from 4-H Foods and Nutrition Curriculum or similar recipe (appropriate to age and experience). Suggestions: Loaf yeast bread, specialty breads (bread sticks, pretzels, rolls, tea rings), items where recipe has been altered to improve nutritional status (show changes), international yeast bread, a decorated food item, pies, cakes, cobblers. No mixes or prepared dough.

3610 - Educational Exhibit, see rule 11

3611 - Food gift package and/or Specialty Food Product – See Rule 12

**Champion and Reserve Champion Level IV**

### **Additional Classes for all Levels**

No state fair classes

3619 – Table Setting and Menu

Project must include one place setting and a selected menu which you would serve. Menu and the occasion for the meal should be on a card no larger than 4x6". Judged on the selection of the

menu and how appropriate the place setting is it. On the back of the card include name, age, and 4-H Club.

3620 – Decorated Food Item

Must be a real food item but only the decoration will be judged. Purchased frosting may be used.

3621 – Recipe Collection

Notebook or recipe card file should include recipes used in enrolled foods level. Judged on practicality, variety of recipes, nutrition of recipes, organization and neatness. Minimum number of 10 recipes for first year and updated each year with a minimum of 10 new recipes.

## **Food Preservation**

1. All levels may exhibit

2. Exhibits must have been preserved since the previous county fair.

3. Recommended method of processing must be used. Follow guidelines in K-State Research and Extension Food Preservation publications. Open kettle processed food will not be accepted. Pickles and sweet spreads must be finished using the water bath process. Low acid products must be pressure processed properly. The label must include the canning method (water bath or pressure) process time and the amount of pressure (psi) when pressure canning method is used.

4. Each exhibit must have the complete recipe and instructions attached with the entry card.

5. Exhibits must be sealed in non-decorated, clean standard canning jars, with matching brand (Use Ball lids on Ball jars or Kerr lids on Kerr jars), two piece lids. Jars must be sealed when entered. Jelly must be in ½ pint or pint jar. All other products must be in pint or quart jars.

6. Attach the entry card and the recipe with a rubber band around the top of the jar. If using a plastic bag for dried foods, enclose the entry card and recipe in the bag.

3612 – Sweet spreads/syrups, one jar

3613 – Fruits, juices, one jar

3614 – Low acid vegetables (green beans, corn, etc), one jar

3615 – Pickles and relishes, one jar

3616 – Tomato and Tomato products, one jar

3617 – Meats, one jar

3618 – Dried Foods: one kind of dried food product to be in a small jar, clear plastic bag or other see-through container. Suggested amount: 1/3 to ½ cup or three or four pieces per exhibit. All meat jerky must be cooked to 160 degrees F before drying. Dried products must include the recipe and preparation steps. Jerky not heated to 160 degrees will not be judged.

**Champion Processed Food**

**Champion Dried Food**

(Food Preservation Champion cannot be sold at food sale or auction)

**Grand Champion and Reserved Grand Champion Foods**