

FOOD AND NUTRITION – SECTION DA

Those interested in cooking may wish to enter cooking demonstration events. See event listing in SECTION B.

General Guidelines:

- ✓ All baked entries must have been baked from scratch by the exhibitor. No ready-made refrigerated or frozen dough, pastry crust or box mixes are permitted.
- ✓ Baked goods will be sold as a fundraiser to support further FCSPDC activities.
- ✓ The recipe may not include alcohol (this does not include vanilla which is a standard ingredient in recipes) as one of the ingredients.
- ✓ No exhibits requiring refrigeration (cream or custard-based pies, cakes) are allowed.
- ✓ Our goal is to encourage the mastery of skills. Fewer ingredients generally means a simpler recipe. The more experienced 4-H member is encouraged to exhibit a more difficult recipe. Exhibitors are also encouraged to not exhibit in the same class year after year. Again, this is to demonstrate mastering of new skills.
- ✓ Please do your best to demonstrate good nutritional choices in your recipe.
- ✓ Remove all items from baking pans (except pies) and exhibit on paper plates or foil-wrapped cardboard. Exhibit must be covered with plastic re-sealable baggies – no plastic wrap. Do not bake muffins or cupcakes in paper liners.
- ✓ **Include recipe card (product name, amount of ingredients, preparation steps, yield, and recipe source) with all baked entries. Indicate how the recipe was modified to make it healthier.**
- ✓ An exhibit is: 3 samples of small items (cookies, muffins, cupcakes, rolls, breadsticks, pretzels or similar products); ½ of large item (loaf bread, cake, coffee cake or similar products); or whole item if needed to convey appearance of product (pie, turtle-shaped bread or similar products).
- ✓ A recipe can be only entered in one class in the Food and Nutrition section.
- ✓ Complete exhibitor entry statement card for each exhibit entered, indicating new skills mastered and nutritional choices made.

COOKIES

(Maximum 6 exhibits per class)

Class No.

1. **DROP OR HAND-SHAPED, PRESSED, PAN-BAKED, ROLLED OR REFRIGERATOR** - Examples: drop-chocolate chip, applesauce, oatmeal; hand-shaped peanut butter, snickerdoodles, crinkles; bar-date bar, pumpkin bar, brownies, layered fruit bars or other batter cookie. No frosting or added decorations that are not part of the recipe. Hand-shaped cookies can be rolled in sugar if part of recipe.

MUFFINS, BISCUITS & BREADS (NO YEAST)

(Maximum 3 exhibits per class)

2. **MUFFINS.** Plain, whole wheat, cornbread, bran, apple, or other. No toppings.
3. **BISCUITS OR SCONES.** Plain, whole grain, flavored, or other shaped (rolled

& cut) biscuits or scones. No toppings.

4. **LOAF BREAD** (not yeast leavened). Banana, blueberry, apple, pumpkin, or other bread baked in a loaf pan. No toppings.

YEAST BREADS

5. **YEAST ROLLS**. Plain, whole grain, flavored, or other yeast rolls of any shape; does not include fancy rolls with fillings or frosting.
6. **YEAST BREAD**. Plain, whole grain, flavored, or other, baked in a loaf pan.
7. **SHAPED BREAD**. An exhibit is any small (such as pretzels or breadsticks), or large (such as animal shaped) hand shaped bread. Plain, whole grain, flavored, or other; does not include fancy yeast breads with fillings or frosting.

CAKES

Class No.

8. **PLAIN CAKE**. An exhibit will consist of one-half of the following: 1) plain cake (spice, chocolate, butter) baked in a pan approximately 8-9" (round or square); or 2) a foam-type cake (angel food, sponge, chiffon) baked in a tube pan, approximately 9-10". Unfrosted. Cakes with frosting or topping may be entered in Grown in NY, Heritage/Cultural Foods.
9. **CAKES WITH NUTRITIOUS INGREDIENTS** – An exhibit will consist of one-half of a cake which is made with vegetable or fruit (no fruitcakes), such as carrot, applesauce, beet, sweet potato, cabbage, etc. baked in an appropriate size pan, approximately 8-9" round or square or 9-10" tube. In evaluating nutritious cake, more consideration will be given for nutritious ingredients while recognizing the cake will be heavier and moisture content will vary. Unfrosted.
10. **CAKE DECORATING** – Frosted and decorated cake or special occasion disposable form or 3 cup cakes for a birthday, anniversary, graduation, etc. Decorations need to be made with decorator's frosting using decorator's tips. Candies, actual flowers and other decorations can only be added to enhance the frosting decorations, not used alone. Include on exhibitor entry statement card what occasion the cake/cupcakes is to be used for.

PASTRY/PIES

11. **PIES** – Fruit pies – 2 crust pastry. Top crust can be latticed or decorative pastry, no crumb toppings. Ex. Apple, blueberry, cherry, etc. Please enter in disposable pie pans 6" or larger. **No exhibits requiring refrigeration (cream or custard-based pies, etc.) are allowed.**
12. **TARTS OR TURNOVERS** – 3 items make an exhibit. Ex. Peach tarts, apple turnovers, etc. **No exhibits requiring refrigeration are allowed.**

OTHER BAKING CLASSICS

13. **HEALTHY BAKED PRODUCT** – An exhibit is any baked product that is made with little sugar, fat or salt, altered using a sugar or fat substitute, gluten free or other dietary modifications. The recipe must clearly state ingredients and methods used. An explanation of why you made it healthy, made changes to the recipe or used gluten-free or other specialty ingredients must be included. Cookies, loaf bread, cake, cupcake, coffee cake, muffins, pies or other baked items.

See **RECIPE COLLECTIONS below for more HEALTHIER CHOICES options.

14. **GROWN IN NEW YORK** - An exhibit is a sample of any baked product that contains a fruit, vegetable, honey or maple syrup grown in New York State and must include: (a) recipe, (b) explanation of ingredient grown in New York, including where it was grown and purchased and if it was preserved for later use,

and a statement about the nutritional value of the item produced in New York. Source of ingredient can be garden, U-pick or roadside stand, farmers market, or any market if source can be identified. Cookies, muffins, bread, cake, cupcakes, coffee cake, pie or other baked items.

Class No.

15. **HERITAGE/CULTURAL FOODS** – An exhibit is a sample of any baked item associated with cultural customs/tradition of family or country populations. Entry must include: (a) recipe and (b) tradition associated with preparing, serving, eating the food. Cookies, muffins, bread, cake, cupcakes, coffee cake, pie or other baked items. May have frosting or topping if recipe calls for it.
16. **FOOD TECHNOLOGY EXHIBIT** - Exhibit to include a food product prepared using new technology or a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.). Include recipe and why you used this method.

PRESERVED FOODS

PRESERVED FOODS – Any processed food, including dried, foods and maple syrup will be evaluated based on appearance and process used. **Because of food safety concerns, the entry will not be tasted or opened.**

17. CANNED FOODS (maximum of 5 in each class)

Criteria for Exhibiting Home Canned Foods

- ✓ **Remember: use only United States Department of Agriculture (USDA) tested and approved recipes.** The USDA has researched, tested and approved recipes for home canning. In order to obtain a safe, quality product use only up-to-date (1994 or later) USDA approved recipes. Approved recipe sources include:
 - National center for Home Food Preservation at <http://www.uga.edu/nchfp/>
 - So Easy to Preserve, University of Georgia
 - Your local Cornell Cooperative Extension Office
 - Ball@Blue Book
- ✓ **Canned exhibit consists of one clear-glass Standard Mason jar processed with a self-sealing, two piece lid.** (metal lid and metal ring). Rings should have been removed after processing and cooling in order to clean and store the canned good. Rings should be put back on for transport to fair, but removed by exhibitor before judging.
- ✓ **Top of jars must be labeled with the product and date processed.** Do not put labels on the sides of the jars (this makes it difficult for judges to view the product).
- ✓ Attach a separate card securely to the exhibit and include:
 - Recipe
 - Recipe Source (Site Ball Blue Book or other USDA source – not family member)The card should include the following information if not already included in the recipe:
 - Contents
 - Type of pack (hot or raw)
 - Type of processing (boiling water bath or pressure canner)
 - Processing time
 - Altitude adjustment if required
 - Headspace
 - Date of processing
- ✓ Appropriate head space requirements must be followed. In general – Fruit Juices ¼ inch; Vegetables ½ inch; Jams and Jellies 1/8 – ¼ inch; Pickles ½ inch; Tomatoes ½ inch or according to USDA approved recipes.
- ✓ Jars must be free of cracks, chips, etc.
- ✓ Each exhibit must be vacuum sealed.
- ✓ The following entries will be disqualified:
 - Foods processed and packages not following current (1994 and later) USDA recommendations
 - Paraffin sealed jams and jellies
 - Jars with zinc lids

- Foods in green jars or non-standardized jars
- Jars with more than 2" headspace
- Jars with added color, bleach, sulfite or other preservatives, unless called for in a USDA approved recipe. (For example, baking soda may not be added to green vegetables)
- Jars or food that were made and processed over one year ago.

Class No.

17A Canned Fruit
 17B Vegetable
 17C Tomatoes
 17D Juice
 17E Pickles, Relish
 17F Jam, Jelly, Marmalade
 17G Other

18. DRIED/DEHYDRATED FOODS

Criteria for Exhibiting Home Dried/Dehydrated Foods

- ✓ Dried foods must be displayed in either clear one-half pint zip closure bags or glass jars with tight fitting lids.
- ✓ Foods in unapproved containers or more than one year old will be disqualified.
- ✓ Top of jars must be labeled with the product and date processed. Do not put labels on the sides of the jars (this makes it difficult for judges to view the product).
- ✓ Attach a separate card securely to the exhibit and include:
 - Method of drying (Dehydrator, oven)
 - Time and Temperature of drying
 - Pre-treatment method (if used)

18A Dried Vegetables
 18B Dried Fruit
 18C Leathers
 18D Herbs

Class No.

19. **MAPLE SYRUP** – An exhibit will consist of homemade maple syrup in a clear glass bottle appropriate for syrup products. Exhibitor entry statement card must include the process used to make the syrup and the resource(s) of their information. (1 Example per class).

HEALTHIER CHOICES

20. **HEALTHY SNACK** – This may be an actual food exhibit, poster, photos or may include faux food. The idea is to prepare an example of a healthy snack that you might have yourself or may prepare for friends. Actual food exhibits must be able to be presented without the need of refrigeration. Examples of Healthy Snacks: veggie platter or fruit kabob. Exhibitor entry statement card should include serving size and information about the nutritional value of the snack. (1 Example per class)

21. **PACKED LUNCH** – Entry is to be presented in a lunch bag or box (always good to think about how this will be displayed at your county booth). Display may include photos or pretend food, if actual items will not hold up. Exhibitor entry statement card must include the following: a) Dietary needs of individual that lunch is for (Ex. A 3rd grader will require less food than a high school athlete); b) Facilities available for keeping lunch (Ex. will this be used on a trail ride? (1 Example per class)

22. **MENU FOR A DAY** – The menu should include complete listing of all meals and snacks that would be eaten over a one-day period. A description of individual or family for whom meals are intended must be included. Typed exhibit with photos is recommended, creativity is encouraged. (1 Example per class)

RECIPE COLLECTIONS

23. **HEALTHY RECIPE COLLECTION** – An exhibit is at least 6 recipes (displayed in a box, notebook, or file folder; can include photos or illustrations) that provide needed nutrients while limiting fat

and total calories. For each recipe state: (1) relationship of key ingredients to ChooseMyPlate.gov; (2) nutritional benefit; (3) source of recipe; (4) how well it was liked; (5) any changes you would make in the recipe. All recipes must be collected and made during the current enrollment year. (1. Example per class)

24. **HERITAGE RECIPE COLLECTION** – An exhibit is at least 10 recipes (displayed in box, notebook, or file folder; can include photos or illustrations) that depicts family or local history. For each recipe state: (1) source of recipe; (2) history related to recipe; (3) traditions related to preparing, serving and eating the food. For 4 of the 10 recipes, indicate how well it was liked after making it. The collection should represent one or more generations older than you and can be collected from family, friends or other community sources. All recipes must be collected and at least 4 of the 10 prepared during the current enrollment year. (1 example per class)

OTHER FOOD & NUTRITION CLASS

Class No.

25. **PET TREATS** – An exhibit will consist of 3 samples or 1 cup mix of baked treats for dogs, horses, etc. Will be evaluated on appearance, smell and texture. Please include on exhibitor entry statement card the reason for the treat such as for your pet, community service project, fund raiser, etc. (3 per class)

FOOD & NUTRITION OPEN CLASS

26. **OPEN CLASS** is an option for exhibits deemed by the County to be worthwhile but fall outside the categories described above. The decision to bring such exhibits is left to the discretion of the Extension 4-H educator. A recipe and written description of the process used for creating the item must be included. (3 per class)