

SECTION D – CONSUMER & FAMILY SCIENCES

Exhibiting 4-H projects provide opportunities for youth recognition as well as learning experiences. Exhibits also provide a venue from which the public can gain a sense of the breadth and depth of 4-H project activities.

SECTION DA FOOD AND NUTRITION

General Guidelines:

- a. The exhibitor must have baked all baked entries from scratch. **No ready-made refrigerated or frozen dough, pastry crust or box mixes are permitted.**
- b. Our goal is to encourage the mastery of skills. Fewer ingredients generally mean a simpler recipe. The more experienced 4-H member is encouraged to exhibit a more difficult recipe. Exhibitors are encouraged not to exhibit in the same class year after year. This is to demonstrate mastering new skills.
- c. Demonstrate good nutritional choices in your recipe selection. The recipe may not include alcohol as an ingredient. (This does not include vanilla which is a standard ingredient in recipes.)
- d. A recipe can be only entered in one class in the Food and Nutrition section.
- e. No exhibits **requiring refrigeration** (cream or custard-based pies, cakes, cream cheese, including frosting) are allowed for entry.
- f. Do not bake muffins or cupcakes in paper liners.

Preparing the Entry:

- g. 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, animal shaped breads or similar products).
- h. Remove all items from baking pans (except pies) and exhibit on paper plates or foil-wrapped cardboard, or clear food storage container. Exhibit must be covered with plastic resealable baggies – no plastic wrap- for best condition.
- i. Complete an Exhibit Card for each exhibit.
- j. Include the recipe with all baked entries. This can be on a recipe card or printed from the computer. The recipe must include the product name, amount of ingredients, preparation steps, yield and recipe source. Indicate how the recipe was modified to make it healthier if applicable.

COOKIES

Class No.

1. **COOKIES.** No frosting or added decorations that are not part of the recipe.
 - a. Drop cookies; ex. Chocolate chip, applesauce, oatmeal, etc.
 - b. Hand-shaped; ex. Peanut butter, snickerdoodles, crinkles, etc.
 - c. Bar cookies; ex. Date bar, pumpkin bar, brownies, layered fruit bars or other batter cookies.

MUFFINS, BISCUITS & BREADS (NO YEAST)

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. **CAKE.** An exhibit will consist of one-half of the following:
 - a. Plain cake (spice, chocolate, butter) baked in a pan approximately 8-9" (round or square).
 - b. A foam-type cake (angel food, sponge, chiffon) baked in a tube pan, approximately 9-10".
 - c. Nutritious cake made with vegetables or fruit, such as carrot, applesauce, sweet potato, etc. Baked in an appropriate size pan approximately 8 – 9" round or square, loaf pan or 9 – 10" tube pan/
9. **CAKE DECORATING** – 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 Food Evaluation sheet all materials used and what occasion the cake/cupcakes are to be used for.
 - a. Frosted and decorated cake or
 - b. special occasion disposable form or
 - c. 3 cup cakes for a birthday, anniversary, graduation, etc.

PASTRY/PIES

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

OTHER BAKING CLASSICS

12. **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.

13. **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.
14. **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.

HEALTHIER CHOICES

15. **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 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.
16. **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?)
17. **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.

RECIPE COLLECTIONS

18. **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.
19. **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.

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.**

20. CANNED FOODS

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
 - Date of processing
 - Headspace - 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.

20A Canned Fruit

20B Vegetable

20C Tomatoes

20D Juice

20E Pickles, Relish

20F Jam, Jelly, Marmalade

20G Other

Class No.

21. 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 or containers 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)

21A Dried Vegetables

21B Dried Fruit

21C Leathers

21D Herbs

22. 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.

OTHER FOOD & NUTRITION CLASS

23. **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.

FOOD & NUTRITION OPEN CLASS

24. **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.