

# Department 125 – Foods & Nutrition

Face-to-Face Judging on Tuesday Noon – 6 PM

## Entry Information

- Open to youth enrolled in the 4-H Foods & Nutrition project or youth of other groups doing equivalent work.

- No more than 8 entries per exhibitor. 1 per lot

## Exhibit Information

- Plates and bowls will be furnished.
- See poster rules, if applicable.
- All food products become the property of the Outagamie County Fair Association and will not be returned to the exhibitor.
- NO commercial mixes or dough permitted unless specified. Exceptions would include the use of Phyllo dough or Puff Pastry.
- NO frosting unless specified.
- Properly identify all entries on entry tag prior to judging. Example: Baked Bar – Chocolate Chip

Premiums: \$2.50 - \$2.25 - \$2.00 - \$1.75

## CLASS A – Foods & Nutrition

Lot Numbers

### APPETIZERS

1. Appetizer – individual serving
2. Vegetable pizza (crust made from scratch) – 3" or 6" diameter

### BAR/BROWNIES

3. Baked bar – any variety not listed above – plate of 3 (2" x 2")
4. Brownies – plate of 3 (2" x 2")
5. No-bake bar – any variety – plate of 3 (2" x 2")
6. Specialty brownie – plate of 3 (2" x 2") – frosting permitted

### BREADS

7. Bagel – plate of 3
8. Biscuits – plate of 3
9. Breadsticks – yeast leavened – plate of 3
10. Breadsticks – no yeast - plate of 3
11. Coffee cake – 4" x 4" corner piece
12. Doughnuts, Cake – plate of 3
13. Doughnuts, Yeast – plate of 3
14. Homemade bread – made in bread machine – bring whole loaf
15. Homemade yeast bread – hand kneaded – bring whole loaf
16. Homemade pretzels – plate of 3
17. Muffins – corn – no liners – plate of 3 standard size (not mini or jumbo)



18. Muffins – any other not listed above – no liners – plate of 3 standard size (not mini or jumbo)
19. Quick bread – pumpkin – 1/3 standard loaf (9" x 5"), end cut
20. Quick bread – banana – 1/3 standard loaf (9" x 5"), end cut
21. Quick bread – zucchini – 1/3 standard loaf (9" x 5"), end cut
22. Quick bread – corn – 4" x 4", corner piece
23. Quick bread – any other not listed above – 1/3 standard loaf (9" x 5"), end cut
24. Yeast dinner rolls – plate of 3
25. Yeast sweet rolls – plate of 3

### CAKES

26. Angel food cake from scratch – ¼ cake
27. Cake from scratch – any variety – 4" x 4" corner piece
28. Jelly roll – any variety – ¼ roll or 3 – 1" slices
29. Sponge cake or chiffon cake from scratch – ¼ cake

### CANDY

30. Homemade caramels – 3 pieces
31. Homemade fudge – 3 pieces
32. Homemade peanut brittle – 3 pieces
33. Homemade seafoam or divinity – 3 pieces
34. Any other homemade candy not listed above – 3 pieces

### COOKIES

35. Drop - Chocolate Chip cookies – plate of 3
36. Drop - Monster cookies – plate of 3
37. Drop - Oatmeal cookies – plate of 3
38. Drop – any other baked drop cookie not listed above – plate of 3
39. Formed - Peanut butter cookies – plate of 3
40. Formed - Molasses cookies – plate of 3
41. Formed – any other formed cookie (formed by hand) not listed above – plate of 3
42. Molded – any molded cookie (made with a cookie mold) – plate of 3
43. Pressed – any pressed cookie (made with a cookie press) – plate of 3
44. Refrigerator – any refrigerator cookie (example: pinwheel, checkerboard, etc.) – plate of 3
45. Rolled – any rolled cookie (made with a rolling pin) – plate of 3
46. No-bake cookies – plate of 3

## DESSERTS

47. Fruit pizza (crust made from scratch) – 3” or 6” diameter
48. Holiday dessert – 4” x 4” or individual serving – frosting permitted
49. Specialty dessert – 4” x 4” or individual serving – may use glaze or frosting (example: cheesecake, torte, etc.)

## FUN FOODS/SNACKS

50. Healthy homemade after school snack – individual serving
51. Nutritional fun food – plate of 3 or individual serving
52. Seasonal fun food – plate of 3 or individual serving

## MAIN DISHES (Bring an Individual Serving)

53. Casserole
54. Meatloaf
55. Mixed vegetable dish (hot) with at least 3 different vegetables
56. Mixed vegetable dish (cold) with at least 3 different vegetables
57. Pizza – baked (crust made from scratch) – 3” or 6” diameter
58. Soup, homemade – broth based
59. Soup, homemade – cream based
60. Soup, homemade – served cold
61. Stir fry main dish (do not need to bring rice or pasta accompaniment)

## Vegetarian dish

## OTHER FOOD ENTRIES

62. Vegetarian dish
63. Any other food item not listed
64. Breakfast entrée – individual serving
65. Fruit syrup – any berry – one pint
66. International/ethnic food – individual serving – include recipe with nationality of food stated on card
67. Pasta, homemade – any variety – individual serving
68. Salad dressing, homemade
69. Wisconsin dairy entry – recipe must contain at least 3 dairy products – include recipe



## PIES

70. Whole single crust pie – 8” or 9” – any variety (No commercial canned filling)
71. Whole double crust pie – 8” or 9” – any variety (No commercial canned filling)

*For Special Diet entries, please follow entry instructions for a similar entry (Ex. Plate of 3 cookies, whole pie, etc.)*

## SPECIAL DIET - FAT FREE

72. Fat free item 1 – include recipe
73. Fat free item 2 – include recipe

## SPECIAL DIET – GLUTEN FREE

74. Gluten free item 1 – include recipe
75. Gluten free item 2 -include recipe

## SPECIAL DIET – HEART HEALTHY

76. Heart healthy (low calorie) entrée – individual serving – include recipe card

## SPECIAL DIET – SUGAR FREE

77. Sugar free item 1 - include recipe
78. Sugar free item 2 – include recipe



## EDUCATIONAL (Must pick up on Sunday after 5)

79. Educational exhibit on a food/cooking related topic (see ideas on next page)
80. Educational exhibit on a food/cooking related topic (see ideas on next page)
81. Food Gift in a Jar (meal in a jar, cookies in a jar, etc.) Must be non-perishable.
82. Menu exhibit – plan menus for 2 days (6 meals) using My Plate guidelines
83. Recipe collection containing 25 recipes you have prepared – pick up Sunday during release of entries
84. Table setting, place setting for 1 (include placemat, napkin, glass, plate, and the silverware needed for your planned meal, centerpiece, and card with complete menu)

## Ideas for Foods Educational Exhibits:

- Calculating fat in food
- Careers
- Food Additives
- Food Preservation
- Food Safety
- Freezing
- Low-fat alternatives
- Measuring
- My Plate guidelines
- Serving Size
- Substitutions
- Etc.

## Educational Exhibit Guidelines:

- Exhibit could be a poster, display, scrapbook, or notebook.
- Posters must be designed on or affixed to standard poster board (14”x22” or 22”x28”)
- Displays must not exceed 36”x48”
- Posters may use any medium: watercolor, ink, crayon, acrylic, charcoal, oil, computer-generated, collage, etc.
- Staple entry tag on the front in the top right-hand corner
- Posters/displays should be dated on the back with the current fair year.

# Department 125 – Foods & Nutrition / Food Preservation

Face-to-Face Judging on Tuesday Noon – 6 PM

## Entry Information

- No more than **6** entries per exhibitor. 1 per lot.  
(one jar per exhibit)

## Exhibit Information

- Only exhibits processed after last year's fair may be entered.
- Exhibitor **MUST** follow UW-Madison guidelines for processing food.

Guidelines can be purchased at the UW-Madison Division of Extension Outagamie County office or go to

<https://learningstore.extension.wisc.edu/collections/food-preservation-and-safety>.

Guidelines are available for canning fruits, meats, salsa, vegetables, pickles & relishes, jams & jellies, and tomatoes. There is also a booklet for freezing fruits and vegetables.

- Only standard canning jars are accepted (Ball, Kerr, Mason, etc.).
- Pints are preferred but quarts are acceptable.
- Jams and jellies must be in standard jelly jars (8 or 12 oz.) with standard lids (no paraffin).
- Freezer jams or jellies cannot be entered.
- Only clear, non-tinted jars are to be used (no blue glass).
- Remove metal screw bands before bringing to the fair.
- Jars must be clean, not sticky.
- **NO OPEN KETTLE** canning accepted! This is not an accepted method of processing home canned foods.
- **ALL** exhibits **MUST** be labeled with the following information:

Name of product:	Sliced Carrots
Date Processed:	Sept. 10, 2020
Method of preparation (hot or cold pack)	Hot pack
Method of processing	
1. Hot water bath or pressure canned	Pressure canner
2. Pounds of pressure, if applicable	11 pounds
3. Minutes of processing	25 minutes (pint)

Premiums: \$2.50 - \$2.25 - \$2.00 - \$1.75

## CLASS B – Food Preservation

Lot Numbers

- 100. Cherry jam (sour)
- 101. Cherry jam (sweet)
- 102. Grape jam
- 103. Peach jam
- 104. Red raspberry jam
- 105. Black raspberry jam
- 106. Strawberry jam
- 107. Any other jam not listed above
- 108. Apple jelly
- 109. Cherry jelly
- 110. Grape jelly
- 111. Strawberry jelly
- 112. Any other jelly not listed above
- 113. Any marmalade
- 114. Apple butter
- 115. Pear butter
- 116. Any other butter not listed above
- 117. Apples (any style)
- 118. Applesauce
- 119. Blueberries
- 120. Blackberries
- 121. Cherries (sour)
- 122. Cherries (sweet)
- 123. Peaches
- 124. Pears
- 125. Black raspberries
- 126. Red raspberries
- 127. Rhubarb
- 128. Any other fruit not listed above
- 129. Apple pie filling
- 130. Blueberry pie filling
- 131. Cherry pie filling
- 132. Peach pie filling
- 133. Beets
- 134. Carrots
- 135. Green beans (cut or French)
- 136. Yellow beans (cut or French)
- 137. Salsa
- 138. Sweet corn (off cob)
- 139. Tomatoes (whole or quartered)
- 140. Tomato juice
- 141. Mixed vegetables



- 142. Any other vegetable not listed above
- 143. Dill pickles
- 144. Sweet pickles
- 145. Bread and butter pickles
- 146. Beet pickles
- 147. Any other pickle product
- 148. Pickle relish
- 149. Corn relish
- 150. Any other vegetable relish
- 151. Meat product



**Bring the following items in a plastic zip-lock bag. Identify item on entry tag.**

**DRIED FRUIT (1/2 cup)**

- 152. Dried apples
- 153. Dried cherries
- 154. Dried peaches
- 155. Dried strawberries
- 156. Banana chips
- 157. Any other dried fruit

**DRIED VEGETABLES (1/2 cup)**

- 158. Dried carrots
- 159. Dried celery
- 160. Dried corn
- 161. Dried onions
- 162. Dried peppers
- 163. Dried tomatoes
- 164. Any other dried vegetable

**DRIED HERBS (1/2 cup)**

- 165. Dried chives
- 166. Dried dill
- 167. Dried parsley
- 168. Any other dried herb

**OTHER DRIED EXHIBITS**

- 169. Dried meat (1/2 cup)
- 170. Beef or turkey jerky – individual serving
- 171. Fruit leather (2 rolls/same fruit)
- 172. Any other dried product not listed above

**Bring approximately 2 cups of the following in a zip-lock bag.**

- 173. Frozen beans
- 174. Frozen corn (off cob)
- 175. Frozen broccoli
- 176. Frozen peas

177. Best exhibit entry – choose four (4) of the following food preservation items:

**Best Exhibit Entry items:**

Choose 4

- Jam or jelly
- Fruit
- Vegetable
- Meat
- Tomato
- Frozen item
- Dried item
- Pickle entry



**CLASS C– Cake Decorating**



- All cakes must be real cake - out of baking pan on a suitable cardboard or board wood surface no more than 1 ½” larger than the border.
- Trays are provided for cookies and cupcakes.
- Entries should use a minimum of 3 decorating techniques.
- Fondant is an approved cake decorating technique.
- Wedding, anniversary, and doll cakes may use pillars, doll, silk or fresh flowers, etc.
- Non-frosting props, decorations, and sprinkles are allowed on a creative theme cake and gingerbread house entries.
- All cakes will become the property of the Fair Association. Decorations and wood boards may be picked up after 5 PM Sunday. The cakes will be destroyed.

- Lot Numbers
- 300. Entry 1
  - 301. Entry 2
  - 302. Entry 3
  - 303. Entry 4
  - 304. Entry 5
  - 305. Entry 6

**Cake Decorating Suggestions:**

- Cakes – 8” square or round, 9x13, double layer, cut-out, or molded
- Cake should be no larger than 20x20 and no taller than 18 inches.
- Cake pops bouquet (minimum of 5)
- Cookies, plate of 3
- Cookie bouquet of at least 3 cookies
- Cupcakes, plate of 3
- Cupcake cake, 20-30 cupcakes
- Gingerbread house – no kits allowed

