Department 125 – Foods & Nutrition

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

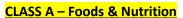
Entry Information

- 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



Lot Numbers

APPETIZERS

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

BARS/BROWNIES

- 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
- 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
- Cake from scratch any variety 4" x 4" corner piece
- 28. Jelly roll any variety $\frac{1}{4}$ roll or 3 $\frac{1}{2}$ 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
- 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
- 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)
- 62. Vegetarian dish

OTHER FOOD ENTRIES

- 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
- 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
- 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
- Posters/displays should be dated on the back with the

Department 125 - Foods & Nutrition / Food Preservation

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Entry Information

 No more than <u>6</u> 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:

Date Processed:

Method of preparation (hot or cold pack)

Method of processing

1. Hot water bath or pressure canned
2. Pounds of pressure, if applicable
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)

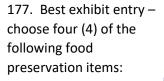
- 165. Dried chives
- 166. Dried dill
- 167. Dried parsley
- 168. Any other dried herb

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 peans



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