



Department 125 Foods & Nutrition

Entries due	May 25	
Entries checked in	Tuesday of Fair	Noon – 6 pm
Judging	Tuesday of Fair	Noon – 6 pm
Judging Type	Face-to-Face	
Exhibits released	Sunday of Fair	5 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: \$3.00 – \$2.75 – \$2.50 – \$2.25

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
18. Muffins – any other – no liners – plate of 3 standard size
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 – 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 – plate of 3

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 – 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)
42. Molded – any molded cookie (made with a cookie mold)
43. Pressed – any pressed cookie (made with a cookie press)
44. Refrigerator – any refrigerator cookie (pinwheel, checkerboard, etc.)
45. Rolled – any rolled cookie (made with a rolling pin)
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 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
70. Charcuterie Board – With meats
71. Charcuterie Board – Without meats

PIES

72. Whole single crust pie – 8” or 9” – any variety (No commercial canned filling)
73. 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

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

SPECIAL DIET – GLUTEN FREE

- 76. Gluten free item 1 – include recipe
- 77. Gluten free item 2 -include recipe

SPECIAL DIET – HEART HEALTHY

- 78. Heart healthy (low calorie) entrée – individual serving – include recipe

SPECIAL DIET – SUGAR FREE

- 79. Sugar free item 1 - include recipe
- 80. Sugar free item 2 – include recipe

EDUCATIONAL (Must pick up on Sunday after 5)

- 81. Educational exhibit on a food/cooking related topic (see ideas on next page)
- 82. Educational exhibit on a food/cooking related topic (see ideas on next page)
- 83. Food Gift in a Jar (meal in a jar, cookies in a jar, etc.) Must be non-perishable.
- 84. Menu exhibit – plan menus for 2 days (6 meals) using My Plate guidelines
- 85. Recipe collection containing 25 recipes you have prepared – pick up Sunday during release of entries
- 86. 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 USDA guidelines for processing food – <https://nchfp.uga.edu/resources/category/usda-guide>.
- 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: \$3.00 - \$2.75 - \$2.50 - \$2.25

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

Best Food Preservation
Exhibit 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

