

**DEPARTMENT 125 –  
FOODS & NUTRITION**

**Class A – Foods & Nutrition**

Individual conference judging will take place  
Wednesday, 12:00 – 6:00 p.m.

THE FOLLOWING RULES WILL APPLY TO ALL  
FOODS & NUTRITION AGE CATEGORIES.  
PLEASE REVIEW AND FOLLOW THEM  
CAREFULLY.

1. Regulation paper plates and bowls will be  
furnished. DO NOT COVER. LEAVE STRINGS  
OFF FOODS ENTRY TAGS.

2. No more than 4 entries per exhibitor. Members  
of the same family may enter the same food item or  
lot number as long as they are different varieties.  
Ex: Baked cookies: chocolate chip, peanut butter,  
molasses, etc.

3. All food products become the property of the  
Fair Association and will not be returned to the  
exhibitor.

4. No commercial mixes or doughs permitted  
unless specified.

5. Poster size to 14" x 22" and on poster board  
only. Attach entry tag to upper right corner.

6. Properly identify all entries on entry tag prior  
to judging. Example: quick bread – banana  
bread; muffins – blueberry muffins; any baked  
cookie – chocolate chip; whole single crust  
pastry pie – pumpkin pie; etc.

**Note:** Check your 4-H Foods Project Literature. It  
contains recipes for some of the items offered  
below.

Premiums: \$2.50 - \$2.25 - \$2 - \$1.75

**Grades 3-5**

Lot Numbers

- 1 Appetizer – individual serving
- 2 Quick breads – 1/3 end loaf
- 3 Muffins – no liners – plate of 3
- 4 Biscuits – plate of 3
- 5 Coffee cake – 4" x 4" corner piece
- 6 Any baked cookie – plate of 3
- 7 No-bake cookie or bar – plate of 3 or 2" x 2"
- 8 Brownies – plate of 3 (2" x 2")
- 9 Specialty brownie- plate of 3 (2"x2"), frosting  
acceptable
- 10 Baked bar, any variety – plate of 3 (2" x 2")
- 11 Cake from scratch, any variety – 4" x 4" corner  
piece (no frosting)
- 12 Home made bread sticks – plate of 3
- 13 Casserole – individual serving
- 14 Home made soup – individual serving
- 15 Healthy home made after school snack –  
individual serving

- 16 Mixed vegetable dish (hot or cold) with at least  
3 different vegetables – individual serving
- 17 Nutritional fun food – plate of 3 or individual  
serving
- 18 Seasonal fun food – plate of 3 or individual  
serving
- 19 Dessert fun food – plate of 3 or individual  
serving
- 20 Educational mobile or poster relating to one of  
the following: healthy food selection, smart  
food purchasing, food preparation and safety,  
food preservation, or food related careers.
- 21 Any other item not listed above – identify item  
on entry tag

**Grades 6-8**

Lot Numbers

- 22 Breakfast entrée – individual serving
- 23 Holiday dessert – individual serving
- 24 Quick bread – 1/3 end loaf
- 25 Muffin – no liners – plate of 3
- 26 Biscuits – plate of 3
- 27 Coffee cake – 4" x 4" corner piece
- 28 Home made pretzels – plate of 3
- 29 Any baked cookie – plate of 3
- 30 Any baked bar – plate of 3 (2" x 2")
- 31 Pizza, baked (crust from scratch) – 3" to 6"  
diameter
- 32 Fruit pizza (crust from scratch) – 3" to 6"  
diameter
- 33 Vegetable pizza (crust from scratch) – 3" to 6"  
diameter
- 34 Cake from scratch, any variety – 4" x 4" corner  
piece (no frosting)
- 35 Sponge or chiffon cake from scratch – ¼ cake  
(no frosting)
- 36 Angel food cake from scratch – ¼ cake (no  
frosting)
- 37 Jelly roll, any variety – ¼ roll or 3 1" slices
- 38 Whole single pastry shell – 8" or 9" shell
- 39 Meatloaf – individual serving
- 40 Home made soup, any variety – individual  
serving
- 41 Casserole – individual serving
- 42 Stir fry main dish – individual serving (need not  
bring rice or pasta accompaniment)
- 43 Yeast dinner rolls – plate of 3
- 44 Bread sticks, yeast leavened – plate of 3
- 45 Recipe box containing 25 recipes that you have  
prepared (this must be picked up during release  
of exhibits Sunday evening)
- 46 Nutritional fun food – plate of 3 or individual  
serving
- 47 Seasonal fun food – plate of 3 or individual  
serving
- 48 Dessert fun food – plate of 3 or individual  
serving
- 49 Specialty dessert-(4"x4") may use glaze or  
frosting.
- 50 Dried fruit – ½ cup in zip lock bag

- 51 Canned fruit or vegetable (must follow food preservation guidelines in Class C)
- 52 Any other item not listed above – identify item on entry tag

- 79 Canned fruit or vegetable (must follow food preservation guidelines in Class C)
- 80 Any other item not listed above – identify item on entry tag

### Grades 9 & Up

#### Lot Numbers

- 53 Whole single pastry pie, 8" or 9", any variety
- 54 Whole double crust pastry pie, 8" or 9", baked fruit – no commercial canned fillings
- 55 Casserole – individual serving
- 56 Stir fry main dish – individual serving (need not bring rice or pasta accompaniment)
- 57 Vegetarian dish – individual serving
- 58 Yeast dinner rolls – plate of 3
- 59 Sweet rolls – plate of 3
- 60 Home made yeast bread (hand kneaded) – bring whole loaf; end piece will be kept for display
- 61 Home made bread (made in bread machine) – bring whole loaf; end piece will be kept for display
- 62 Cake from scratch, any variety – 4" x 4" corner piece (no frosting)
- 63 Sponge or chiffon cake from scratch – ¼ cake (no frosting)
- 64 Angel food cake from scratch – ¼ cake (no frosting)
- 65 Jelly roll, any variety – ¼ roll or 3 1" slices
- 66 Home made soup – individual serving
- 67 Home made pasta, any variety – individual serving
- 68 Nutritional fun food – plate of 3 or individual serving
- 69 Seasonal fun food – plate of 3 or individual serving
- 70 Dessert fun food – plate of 3 or individual serving
- 71 Specialty dessert- (4"x4") may use glaze or frosting.
- 72 Recipe box containing 40 recipes that you have prepared (this must be picked up during release of exhibits Sunday evening)
- 73 International/ethnic food, individual serving – attach recipe on recipe card to entry tag with nationality of food stated on card
- 74 Heart healthy (lo cal) entrée – attach recipe on recipe card to entry tag
- 75 Fat free or sugarless dessert – attach recipe on recipe card to entry tag
- 76 Theme gift basket/package – breakfast theme – baskets or packages must include at least one nutritional food product and be no larger than 12" in diameter (this must be picked up during release of exhibits Sunday evening)
- 77 Theme gift basket/package – any occasion theme – baskets or packages must include at least one nutritional food product and be no larger than 12" in diameter (this must be picked up during release of exhibits Sunday evening)
- 78 Dried fruit – ½ cup in zip lock bag

**DEPARTMENT 125 –  
FOODS & NUTRITION**

**Class B – Foods Revue**

**Danish Judging will take place prior to the fair.**

Garnishes are encouraged. All blue ribbon ratings must exhibit their display at the county fair to receive premiums.

No commercial mixes or doughs permitted unless specified.

**Details will be mailed to the foods members prior to registration for the Foods Revue.**

**Be sure to include this entry on your fair entry form to receive a premium.**

Premiums: \$3 - \$2.75 - \$2.50 - \$2.25

**Grades 3-5**

Lot Numbers

- 1 Dessert
- 2 Sandwich (includes pita bread, flavored breads, etc.)
- 3 Quick bread or muffins
- 4 Salad
- 5 Breakfast item
- 6 Casserole
- 7 Home made soup
- 8 Entrée featuring pasta

**Grades 6-8**

Lot Numbers

- 9 Vegetarian main dish
- 10 Stir fry
- 11 Dessert
- 12 Meat
- 13 Breakfast item
- 14 Salad featuring either chicken, beef, tuna, or other seafood
- 15 Home made soup
- 16 Casserole
- 17 Holiday entrée

**Grades 9 & Up**

Select an ingredient from the list below. Then find any recipe that includes this ingredient. Recipe can be in any category ( entreee, dessert, salad, soup, appetizer, bread) as long as it contains the ingredient.

Lot Numbers

- 18 Apples
- 19 Cauliflower
- 20 Chicken
- 21 Cottage Cheese
- 22 Pumpkin
- 23 Shrimp
- 24 Tomatoes

**DEPARTMENT 125 –  
FOODS & NUTRITION**

**Class C – Food Preservation**

Individual conference judging will take place  
Wednesday 12:00 to 6:00 p.m.

1. Only exhibit processed after last year's fair may be entered. Exhibitor **MUST** follow UWEX guidelines for processing food. These bulletins can be purchased at the Extension Office for a fee or check web site <http://cecommerce.uwex.edu/> (select 1-Home and Family; 2-Food & Nutrition; 3- Food Preservation, Safety, Storage).

2. Only standard canning jars are accepted (Ball, Kerr, Mason, etc.).

3. 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). No freezer jams or jellies.

4. Only clear, non-tinted jars are to be used (no blue glass).

5. Remove metal screw bands before bringing to the fair.

6. Jars must be clean, not sticky.

7. One jar per exhibit. No more than **4** entries per exhibitor. Only entry per lot # from the same family.

ALL EXHIBITS must be labeled with the following information:

Example:

Name of product	Sliced carrots
Date processed	Sept 10, 2005
Method of preparation (hot/cold)	Hot pack
Method of processing	
1. Hot water bath or canner	Pressure canner
2. Lbs of pressure if canner	11 lbs
3. Minutes of processing	25 minutes (pint)

NO OPEN KETTLE CANNING ACCEPTED!!! This is NOT an accepted method of processing home canned foods.

Premiums: \$2.50 - \$2.25 - \$2 - \$1.75

**Members may chose from any of the following choices:**

Lot Numbers

- 1 Cherry jam (sour or sweet)
- 2 Currant jam or jelly
- 3 Grape jam
- 4 Peach jam

- 5 Raspberry jam, red or black
- 6 Strawberry jam
- 7 Apple jelly
- 8 Cherry jelly
- 9 Grape jelly
- 10 Strawberry jelly
- 11 Any other jam not listed
- 12 Any other jelly not listed
- 13 Apples (any style)
- 14 Apple butter
- 15 Applesauce
- 16 Blueberries
- 17 Blackberries
- 18 Cherries, sour or sweet
- 19 Peaches
- 20 Pears
- 21 Raspberries, black or red
- 22 Rhubarb
- 23 Any other fruit not listed
- 24 Beets
- 25 Carrots
- 26 Green beans, cut or french
- 27 Yellow beans, cut or french
- 28 Salsa
- 29 Sweet corn (off cob)
- 30 Tomatoes, whole or quartered
- 31 Tomato juice
- 32 Mixed vegetables
- 33 Any other vegetable not listed
- 34 Dill pickles
- 35 Sweet pickles
- 36 Bread and butter pickles
- 37 Beet pickles
- 38 Any other pickle product
- 39 Pickle relish
- 40 Corn relish
- 41 Any other vegetable relish
- 42 Meat product

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

- 43 Dried fruit (1/2 cup)
- 44 Dried vegetable (1/2 cup)
- 45 Dried herb (1/2 cup)
- 46 Dried meat (1/2 cup)
- 47 Beef or turkey jerky, individual serving
- 48 Fruit leather (2 rolls/same fruit)
- 49 Any other dried product not listed above

**Bring approximately 2 cups of the following in a ziplock bag.**

- 50 Frozen beans
- 51 Frozen Corn (off cob)
- 52 Frozen Broccoli
- 53 Frozen Peas