

Department 125 – Foods & Nutrition

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

- Open to youth enrolled in the 4-H Foods & Nutrition project or youth of other groups doing equivalent work.
- Plates and bowls will be furnished.
- No more than 8 entries per exhibitor. 1 per lot.
- See poster rules, if applicable.
- All food products become the property of the 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

1. Quick bread – pumpkin – 1/3 standard loaf (9" x 5"), end cut
2. Quick bread – banana – 1/3 standard loaf (9" x 5"), end cut
3. Quick bread – zucchini – 1/3 standard loaf (9" x 5"), end cut
4. Quick bread – corn – 4" x 4", corner piece
5. Quick bread – any other not listed above – 1/3 standard loaf (9" x 5"), end cut
6. Muffins – corn – no liners – plate of 3 standard size (not mini or jumbo)
7. Muffins – any other not listed above – no liners – plate of 3 standard size (not mini or jumbo)
8. Biscuits – plate of 3
9. Coffee cake – 4" x 4" corner piece
10. Chocolate Chip cookies – plate of 3
11. Oatmeal cookies – plate of 3
12. Monster cookies – plate of 3
13. Baked cookies – any other drop cookie not listed above – plate of 3
14. Peanut butter cookies – plate of 3
15. Molasses cookies – plate of 3
16. Baked cookies – any other formed cookie (formed by hand) not listed above – plate of 3
17. Baked cookies – any other rolled cookie (made with a rolling pin) – plate of 3
18. Baked cookies – any other refrigerator cookie (example: pinwheel, checkerboard, etc.) – plate of 3
19. Baked cookies – any other pressed cookie (made with a cookie press) – plate of 3
20. Baked cookies – any other molded cookie (made with a cookie mold) – plate of 3
21. No-bake cookies – plate of 3
22. Brownies – plate of 3 (2" x 2")
23. Specialty brownie – plate of 3 (2" x 2") – frosting permitted
24. Baked bar – any variety not listed above – plate of 3 (2" x 2")
25. No-bake bar – any variety – plate of 3 (2" x 2")
26. Cake from scratch – any variety – 4" x 4" corner piece
27. Sponge cake or chiffon cake from scratch – ¼ cake
28. Angel food cake from scratch – ¼ cake
29. Jelly roll – any variety – ¼ roll or 3 – 1" slices
30. Holiday dessert – 4" x 4" or individual serving – frosting permitted
31. Specialty dessert – 4" x 4" or individual serving – may use glaze or frosting (example: cheesecake, torte, etc.)
32. Whole single crust pie – 8" or 9" – any variety (No commercial canned filling)
33. Whole double crust pie – 8" or 9" – any variety (No commercial canned filling)



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34. Nutritional fun food – plate of 3 or individual serving
35. Seasonal fun food – plate of 3 or individual serving
36. Healthy homemade after school snack – individual serving
37. Appetizer – individual serving
38. Breakfast entrée – individual serving
39. Homemade salad dressing
40. Homemade soup – broth based – individual serving
41. Homemade soup – cream based – individual serving
42. Homemade soup – served cold – individual serving
43. Mixed vegetable dish (hot) with at least 3 different vegetables – individual serving
44. Mixed vegetable dish (cold) with at least 3 different vegetables – individual serving
45. Pizza – baked (crust made from scratch) – 3” or 6” diameter
46. Fruit pizza (crust made from scratch) – 3” or 6” diameter
47. Vegetable pizza (crust made from scratch) – 3” or 6” diameter
48. Meatloaf – individual serving
49. Casserole – individual serving
50. Stir fry main dish (do not need to bring rice or pasta accompaniment) – individual serving
51. Vegetarian dish – individual serving
52. Wisconsin dairy entry – recipe must contain at least 3 dairy products – include recipe
53. Homemade bread sticks – plate of 3
54. Homemade pretzels – plate of 3
55. Breadsticks – yeast leavened – plate of 3
56. Yeast dinner rolls – plate of 3
57. Yeast sweet rolls – plate of 3
58. Cake doughnuts – plate of 3
59. Yeast doughnuts – plate of 3
60. Homemade yeast bread – hand kneaded – bring whole loaf
61. Homemade bread – made in bread machine – bring whole loaf
62. Homemade pasta – any variety – individual serving
63. Homemade fudge – 3 pieces
64. Homemade caramels – 3 pieces
65. Homemade seafoam or divinity – 3 pieces
66. Homemade peanut brittle – 3 pieces
67. Any other homemade candy not listed above – 3 pieces
68. International/ethnic food – individual serving – include recipe with nationality of food stated on card
69. Heart healthy (low calorie) entrée – individual serving – include recipe card
70. Theme gift basket/package – breakfast theme – must include at least one homemade food item (no larger than 12” diameter and must pick up during release of entries on Sunday)
71. Theme gift basket/package – any occasion – must include at least one homemade food item (no larger than 12” diameter and must pick up during release of entries on Sunday)
72. Educational poster relating to one of the following: healthy food selection, smart food purchasing, food preparation and safety, food preservation, or food related careers
73. IT presentation (such as power point) demonstrating a technique or nutritional information – 7-10 minutes in length (need to bring computer to show presentation and bring a printout of slides from presentation)
74. Recipe collection containing 25 recipes you have prepared – pick up Sunday during release of entries
75. Any other item not listed above – identify item on entry tag
76. Gluten free – yeast bread – any variety – 1/3 standard loaf (9” x 5”), end cut – include recipe
77. Gluten free – quick bread – any variety – 1/3 standard loaf (9” x 5”), end cut – include recipe
78. Gluten free – cake from scratch – any variety – 4” x 4” corner piece – include recipe
79. Gluten free – baked cookie or bar – any variety – plate of 3 – include recipe
80. Gluten free – whole pie – 8” or 9” any variety (no commercial canned filling) – include recipe
81. Gluten free – any other item not listed above – identify item on entry tag – include recipe



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- 82. Sugar free – yeast bread – any variety – 1/3 standard loaf (9" x 5"), end cut – include recipe
- 83. Sugar free – quick bread – any variety – 1/3 standard loaf (9" x 5"), end cut – include recipe
- 84. Sugar free – cake from scratch – any variety – 4" x 4" corner piece – include recipe
- 85. Sugar free – baked cookie or bar – any variety – plate of 3 – include recipe
- 86. Sugar free – whole pie – 8" or 9" any variety (no commercial canned filling) – include recipe
- 87. Sugar free – any other item not listed above – identify item on entry tag – include recipe
- 88. Fat free – yeast bread – any variety – 1/3 standard loaf (9" x 5"), end cut – include recipe
- 89. Fat free – quick bread – any variety – 1/3 standard loaf (9" x 5"), end cut – include recipe
- 90. Fat free – cake from scratch – any variety – 4" x 4" corner piece – include recipe
- 91. Fat free – baked cookie or bar – any variety – plate of 3 – include recipe
- 92. Fat free – whole pie – 8" or 9" any variety (no commercial canned filling) – include recipe
- 93. Fat free – any other item not listed above – identify item on entry tag – include recipe
- 94. Fruit syrup – any berry – one pint

Department 125 – Foods & Nutrition / Food Preservation

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

- 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 more than 6 entries per exhibitor. 1 per lot. (one jar per exhibit)
- 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.

152. Dried fruit (1/2 cup)
153. Dried vegetables (1/2 cup)
154. Dried herb (1/2 cup)
155. Dried meat (1/2 cup)
156. Beef or turkey jerky – individual serving
157. Fruit leather (2 rolls/same fruit)
158. Any other dried product not listed above

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

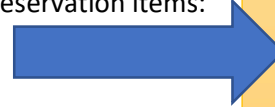
159. Frozen beans
160. Frozen corn (off cob)
161. Frozen broccoli
162. Frozen peas
163. Best exhibit entry – choose four (4) of the following food preservation items:



Best Exhibit Entry items:

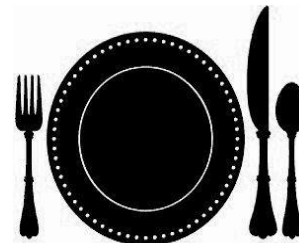
Choose 4

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



CLASS C – Foods Revue

- Danish judging will take place prior to the fair.
- Information will be sent to all Foods & Nutrition members.
- All place settings will be exhibited at the county fair to receive premiums.
- Be sure to include this entry on your fair entry to receive a premium.
- No commercial mixes or doughs permitted unless specified.
- Garnishes are encouraged.



Premiums: \$3.00 - \$2.75 - \$2.50 - \$2.25

Lot numbers for **Grades 3-5**

- 200. Dessert
- 201. Sandwich (includes pita bread, flavored breads, etc.)
- 202. Quick bread or muffin
- 203. Salad
- 204. Breakfast item
- 205. Casserole
- 206. Homemade soup
- 207. Entrée featuring pasta

Lot numbers for **Grades 6-8**

- 208. Vegetarian main dish
- 209. Stir fry
- 210. Dessert
- 211. Meat
- 212. Breakfast item
- 213. Salad featuring chicken, beef, tuna, or other seafood
- 214. Homemade soup
- 215. Casserole
- 216. Holiday entrée

Lot numbers for **Grades 9 and up**

- 217. Apples
- 218. Cauliflower
- 219. Chicken
- 220. Cream cheese
- 221. Bananas
- 222. Shrimp
- 223. Tomatoes

What is the Foods Revue?

How do I enter?

The Foods Revue is an opportunity for Foods members to showcase a complete menu and table setting while only having to prepare one food item chosen from the appropriate grade level list on this page.

Exhibitors need to prepare:

- Food entry from lot numbers shown here
- Table setting (placemat or tablecloth, napkin, glass, plate, and the silverware needed for your planned meal)
- A centerpiece
- Card with complete menu (4x6 or 3x5)
- Card with your food entry recipe (4x6 or 3x5)

