

Department 18Q

Foods & Nutrition

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FOOD PRESERVATION

1. Exhibits may be pint or quart containers but should be uniform in type and size.
2. All perishable food will be returned immediately after judging.
3. Product should include a label, giving date it was preserved and name of product.
4. To ensure a tight seal, canning should be completed at least one week prior to judging.

ionia Free Fair is not responsible for lost, stolen or damaged articles prior to, during or after the Fair.

Cloverbud

5416 Cloverbud Foods & Nutrition project

Canning

- 5410 Fruit – 2 jars, each a different kind of fruit
- 5411 Cooked soft spread – 2 jars, each a different kind
- 5412 Vegetables – 2 jars, each a different kind
- 5413 Pickles/Relish – 2 jars, each a different kind
- 5414 Meat – 2 jars, each a different kind
- 5415 Educational canning project display, poster (not larger than 22"x28"), notebook, etc.



Special Ball & Kerr Award

Only Classes 5410-5415 are eligible for award

Prizes: One (1) Ball Home Canning Product Coupon and One (1) Ball Canning Guide

Projects must be canned in Ball or Kerr jars and sealed with Ball or Kerr two-piece vacuum caps. The Ball and Kerr Award will be given at the judge's discretion. Proof of purchase must be presented at time of entry.

Freezing

Packages must be labeled with contents, date, serving size.

- 5420 Fruit, 2 packages, each a different kind
- 5421 Jam, 2 packages, each a different kind
- 5422 Vegetables, 2 packages, each a different kind
- 5423 Packaged Dinner
- 5424 Packaged Desserts/Pastry
- 5425 Bread Product
- 5426 Packaged Party Foods

Drying/Dehydration

- 5427 Fruits – 2 packages, each a different kind
- 5428 Vegetables – 2 packages, each a different kind
- 5429 Herbs – 2 packages, each a different kind
- 5430 Food Specialties, fruit leathers, beef jerky, etc.
- 5431 Educational Project Display, poster (not larger than 22"x28"), notebook, etc.

Food Preparation

1. Bring a neatly written or typed copy of the recipe.
2. Exhibitors must bring the entire cake, pie, loaf, main dish, etc. unless otherwise specified.
3. The product can be made in the microwave. (The judge will cut a portion and the rest can be taken home after judging.)
4. Other items should be displayed on 6" white paper plates, sealed with a plastic bag, furnished by exhibitor.
5. Only 1 entry per class

Baked Goods – Beginner

- 5432 3 cookies (drop, bar, rolled, etc.)
- 5433 3 unfrosted cake squares
- 5434 1 loaf quick bread (nut, banana, oatmeal, etc.)
- 5435 3 muffins or biscuits
- 5436 Healthy Snack Food – Homemade (yogurt, trail mix, vegetable/fruit plate, etc)
- 5437 Educational display, notebook, posters (not larger than 22"x28"), etc.
- 5438 Any other not listed above

Baked Goods – Intermediate

- 5439 3 yeast rolls (sweet or regular), or a loaf of yeast bread or a yeast coffee cake.
- 5440 Pie with baked crust (must be 2 crust pie). No packaged crust.
- 5441 Casseroles – Made from scratch, (macaroni & cheese, noodle, vegetables, etc.). May use canned soups. Serve at proper temperature. Picture will be taken of you and your exhibit to leave on display.
- 5442 Heritage Baked Goods
- 5443 Healthy Main Dish – Low fat, low sugar, low salt, high fiber, etc.
- 5444 Educational display, poster (not larger than 22"x28"), notebook, etc. (on food history, health foods, famous cooks, food careers)
- 5445 Any other not listed

Baked Goods – Advanced

- 5446 Gourmet Pastries or Fancy Dessert
- 5447 Baked product representative of project chosen
- 5448 Cheese Cake
- 5449 Educational display, poster (not larger than 22"x28"), notebook, etc. on food history, food as medicine, food in the new millennium, food careers, etc.
- 5450 Any other not listed
- 5451 Club Exhibit

Candy

1. Each family member must use a different recipe.
 2. Must exhibit 6 pieces of candy.
 3. Recipe must be neatly written or typed.
- 5452 Beaten candy (fudge, divinity)
5453 Brittle (peanut, toffee, almond)
5454 Molded chocolate (solid or filled centers)
5455 Pulled (salt water taffy)
5456 Hand Dipped
5457 Any Other
5459 Club Exhibit

Foodways – Folkpatterns Projects

1. For more specific information please refer to 4-H bulletin #1329.
 2. Traditions of obtaining, preparing, cooking, eating, storing and sharing foods.
 3. Folk art using food, gardening techniques, food festivals, harvest celebrations, recipes, etc.
- 5460 Food Traditions: recipes, food preparation, meal presentation, food games, food folk tales, food marketing, and kitchen utensils.
5461 Food festivals, celebrations, special occasions, holidays, harvests, etc.
5462 Cultural Foods, religious beliefs, etc.
5463 Gardening techniques, food storage, food preservation, etc.
5464 Food other than a meal: health remedies, decorations, beauty care, cleaning remedies, etc.
5465 Any three activities from bulletin #1329 (put in notebook)

Food and People

1. Select a country; exhibit baked goods made in that country.
 2. A poster, recipe card and a short story must accompany exhibit.
- 5466 Individual exhibit
5467 Club exhibit
5468 Any other not listed

Exploring Foods and Nutrition

- 5470 **Exhibit food and educational exhibit:** showing food management, consumer education, marketing or experimental foods. Exhibit must contain a food display poster or notebook. (example: meal planning, table setting and food exhibit)
- 5471 **Convenience food vs. homemade counterpart:** Compare cost and quality of convenience food and its home-made counterpart. Include recipe for homemade items.
- 5472 **Convenience Foods:** Entries use a mix as the base. Exhibitor must add at least 2 additional ingredients to mix. Exhibitors may prepare any type of recipe: main dish, casserole, dessert, breads, etc.
- 5473 **Place setting for special occasion:** Show an attractive, harmonious place setting for a special occasion meal (family celebration, picnic, barbecue, etc.) with an explanation for the choices of food and appointments. Please bring only minimum glassware and dinnerware to illustrate when necessary. Example: placemat, napkin, knife, fork, spoon, plate, and glass. Include a menu card, explanation for your choices, and a sketch or photo showing how the place setting should appear.

Outdoor Meals

- 5474 Properly packed picnic basket or sack lunch (miniature basket or box with menu, omit food). Method of food storage must be explained.
- 5475 Two pieces of homemade equipment for use on campfire such as buddy burner, tin can, skewers, charcoal, stone, reflector oven)
- 5476 Meals in a backpack – must include menu.
- 5477 Outdoor grilled meal – must include menu
- 5478 Individual Exhibits. Miniature picnic area showing either equipment or safety features or types of cooking, with menu included.
- 5479 Innovative
- 5480 Any other
- 5481 Club exhibit
- 5482 Miniature picnic area showing either equipment and safety features or types of cooking done. Menu to be included, plus notebook done by each club member on their year in the 4-H outdoor meal project.

Cake Decoration – Real and Dummy Cake

1. Cake will be judged on appearance only.
 2. Cake must be color-coordinated and neatly done, with no more than 10% of plastic decoration used.
 3. Cake must include one or more decorating techniques.
 4. Exhibitor must do all work on each cake.
 5. Members should increase difficulty of project each year.
 6. 1st and 2nd year members must use two new techniques each year, such as border row, flowers, petals, leaves, lettering, etc.
- 5484 On foil covered cardboard, 10 rows of techniques. Should be ten different techniques displayed.
- 5485 Six decorated cupcakes
- 5486 Decorated round cake
- 5487 Decorated tiered cake
- 5488 Decorated cake of any shape (other than round)
- 5489 Fondant Decorated Cake
- 5490 Decorated cut-up cake
- 5491 Decorated structure (house, barn, sugar eggs, etc.)
- Prize: Rosette to best overall cake.



Wilton Award – One Wilton video, DVD or a newest publication of a special cake decorating book will be awarded to the Best of Show. A Wilton yearbook will be awarded to each "A" rating. Only one Wilton prize per person will be awarded at judge's discretion.

Dairy Foods

Note: Eggs and Margarine are NOT dairy products.

- 5493 Food containing three dairy products with ¼ cup or more of each product.
- 5494 Dairy Beverage Example: Milk with another ingredient
- 5495 Dairy Dessert or snack made with milk, for example cheeses, yogurt, custards, pudding, ice cream or sandwiches.
- 5496 Dairy products educational project (poster, workbook) for example, Vitamin D, protein, calcium, fat, low fat, cheese, etc.
- 5497 Any other

