**Department 18Q**

**Foods & Nutrition**

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**Ionia Free Fair is not responsible for lost, stolen or damaged articles prior to,**

**During, or after the Fair.**

**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.

**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.

**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 1

**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. [The judge will cut a portion

and the rest can be taken home after

judging.]

3. The product can be made in the microwave.

4. Other items should be displayed on 6” white

paper plates, sealed with a plastic bag,

furnished by exhibitor.

5. Only l entry per class

6. Picture will be taken of member and food for display

**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** Any other not listed above

**Baked Goods – Intermediate**

**5438** 3 yeast rolls (sweet or regular), or a

loaf of yeast bread or a yeast coffee

cake.

**5439** Pie with baked crust (must be 2 crust

pie). No packaged crust.

**5440** 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.

**5441** Heritage Baked Goods

**5442** Healthy Main Dish – Low fat, low

sugar, low salt, high fiber, etc.

**5443** Any other not listed

**Baked Goods – Advanced**

**5444** Gourmet Pastries or Fancy Dessert

**5445** Baked product representative of project

chosen

**5446** Cheese Cake

**5447** Any other not listed

**5448** 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.

**5449** Beaten candy (fudge, divinity)

**5450** Brittle (peanut, toffee, almond)

**5451** Molded chocolate (solid or filled centers)

**5452** Pulled (salt water taffy)

**5453** Hand Dipped

**5454** Any Other

**5455** Club Exhibit

**Foodways – FOLKPATTERNS Projects**

1.Traditions of obtaining, preparing,

cooking, eating, storing and sharing foods.

3. Folk art using food, gardening techniques,

food festivals, harvest celebrations, recipes,

etc.

**5456** Food Traditions: recipes, food

preparation, meal presentation, food

games, food folk tales, food marketing,

and kitchen utensils.

**5457** Food festivals, celebrations, special

occasions, holidays, harvests, etc.

**5458** Cultural Foods, religious beliefs, etc.

**5459** Gardening techniques, food storage,

food preservation, etc.

**5460** Food other than a meal: health remedies,

decorations, beauty care, cleaning

remedies, etc.

**Food and People**

1. Select a country; exhibit baked goods

made in that country.

2. Recipe card must accompany exhibit

**5461** Individual exhibit:

**5462** Club exhibit

**5463** 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 I

ncluded.

**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.

Rosette to best overall cake.

**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.)

**Dairy Foods**

**Note: Eggs and Margarine are NOT**

**dairy products.**

**5492** Food containing three dairy products

with ¼ cup or more of each product.

**5493** Dairy Beverage Example: Milk with

another ingredient

**5494** Dairy Dessert or snack made with milk,

for example cheeses, yogurt, custards,

pudding, ice cream or sandwiches.

**5495** Dairy products educational project

(poster, workbook) for example,

Vitamin D, protein, calcium, fat, low fat,

cheese, etc.

**5496** Anyother