

FOODS

Dept. FD

1. Review General Rules
2. Only non-perishable foods entered at the county fair. Non-perishable is any food that will remain edible for several days if kept at room temperature.
3. Members must exhibit in the level they are enrolled in. No exhibitor may enter more than 8 entries in the non-perishable foods division. Entries must be different recipes. 4-Hers are encouraged to use whole grain flour, fruits, nuts, etc.
4. For food safety purposes, any food with custard and dairy-based fillings and frostings, (ex. cream cheese or ganache) raw eggs, flavored oils, "canned" bread or bread/cakes in a jar, cut fresh fruit or any food requiring refrigeration (ex. bacon) or unbaked exhibit with raw flour (ex. no bake cookies) will be disqualified and not judged. Refer to K-State Research and Extension publication, [4-H 488, Judge's Guide for Food and Nutrition Exhibits](#). For information to make informed, safe food exhibit decisions. Under baked entries will be lowered one or more ribbon placings.
5. The entire product must be entered whole and uncut. Exhibit 3 on a plant of: cookies, rolls, muffins, biscuits, pretzels, and any small item. One cup of: Snack mix, trail mix, party mix, granola. Whole product exhibited: Quick bread loaf, specialty bread, cakes, pies, coffeecakes, cobblers and any larger item. Standard pan sizes are required. (breads: 4" x 8" or larger, cakes: 8" or larger and pies: 9" or larger). All unfrosted cakes should be exhibited in an upright position with crust showing, except for those cakes made with special designs such as Bundt cakes. They should be top crust down.
6. Remove baked products from pans and place on disposable plates, covered cardboard or disposable container. Food such as pies and cobblers must be in disposable pans. Attach a gummed 4-H label on the bottom of the container with name and class.
7. Food exhibits must be presented to the judge in disposable containers such as food plastic bags or disposable plastic containers or boxes but should not be wrapped in plastic wrap. Carefully secure the entry tag and the recipe to the outside of the exhibit. **Recipes are required for all foods.**
8. Exhibitors age 9 and older by Jan. 1 of the current yr. and receiving a purple ribbon are eligible to exhibit one food item and one educational exhibit at the Kansas State Fair.
9. **Food Sale:** All entries except champions will be sold on Wednesday after the food is judged. Proceeds go to 4-H Council.
10. **Food Auction:** 4-Hers with champion food exhibits are invited to make a fresh food product for the Sale of Champions. Proceeds from the food auction benefit the 4-H Holding Board. Champions should meet in the foods department with their food at a designated time on Sunday.
11. **Educational Classes:** Exhibits may be in the form of a poster, notebook or display. Follow copyright laws. If the exhibit is a poster, it must be larger than 22" x 28". If the exhibit is a display, maximum size is a 3' x 4' tri-fold display board. A collection of your favorite recipes in a recipe box or notebook does not constitute an educational exhibit.
12. Food Gift Package and /or Specialty Food Product. No alcoholic beverages will be accepted. A food gift package must contain at least 3 different food items (prepared for human consumption), made by the 4-Her, in a suitable Container no larger than 18" x 18" x 18". Prepared food items must have recipes attached with the entry. Additional homemade food items beyond the 3 minimum or purchased items may also be included in the gift basket. Be prepared to answer these questions:
 - a. What is the intended use?
 - b. What food safety precautions food product, not as an educational exhibit.

The entry will count as a non-perishable food product, not as an educational exhibit.

13. Alcohol is not allowed as an ingredient in the 4-H Food department. Entries with alcohol in the recipe will be disqualified and not judged.
14. A Champion and Reserve champion will be named in each level. From these, a Grand and Reserve Grand will be named and other food products moved up to the Champion level. Other top food items to be named are: Best Cookie, Best Quick Bread, Best Yeast Bread Loaf, Best Yeast Bread Other, Best Pie and Best Cake. This is to identify foods for the 4-H Holding Board Food Auction.

Level 1 (ages 7-8)

3600 – Non-perishable food product from the 4-H Foods and Nutrition Curriculum or similar recipe (appropriate to age and experience). **Suggestions:** Snack mixes, granola, drop cookies, no bake cookies, bar cookies, brownies, and cupcakes. May make brownies and cupcakes from a mix, but will need to indicate “mix” on entry card.

3601 – Educational Exhibit, see rule 11.

3602 – Food Gift Package and/or Specialty Food Product (see rule 12)

Champion and Reserve Champion Level I

Level 2 (ages 9-10-11)

3603 – Non-perishable food product from the 4-H Foods and Nutrition Curriculum or similar recipe (appropriate to age and experience). **Suggestions:** Drop or molded cookies, bar cookies, muffins, biscuits, loaf quick bread, single layer cake, frosted or unfrosted. No exhibit from Level 2 may be made from or contain a commercial mix or prepared dough, with the exception of puff pastry.

3604 – Educational Exhibit, see rule 11.

3605 – Food gift package and/or Specialty Food Product – See rule 12

Champion and Reserve Champion Level II

Level 3 (ages 12-13-14)

3606 – Non-perishable food product from the 4-H Foods and Nutrition Curriculum or similar recipe (appropriate to age and experience). **Suggestions:** Refrigerator cookies, quick breads, coffee cakes, cakes 1-2 layers frosted, pie, cobblers, international recipes, yeast breads. No mixes or prepared dough with the exception of puff pastry.

3607 – Educational Exhibit, see rule 11.

3608 – Food gift package and/or Specialty Food Product – See rule 12.

Champion and Reserve Champion Level III

Level 4 – (ages 15-18)

3609 – Non-perishable food product from the 4-H Foods and Nutrition Curriculum or similar recipe (appropriate to age and experience). **Suggestions:** Loaf yeast bread, specialty breads (bread sticks, pretzels, rolls, tea rings), items where recipe has been altered to improve nutritional status (show changes) international yeast bread, a decorated food item, pies, cakes, cobblers. No mixes or prepared dough with the exception of puff pastry.

3610 – Educational Exhibit, see rule 11.

3611 – Food gift package and/or Specialty Food Product – See rule 12

Champion and Reserve Champion Level IV

Additional Classes for all Levels

No state fair classes

3612 – Table Setting and Menu Project must include one place setting and a selected menu which you would serve. Menu and the occasion for the meal should be on a card no larger than 4” x 6”. Judged on the selection of the menu and how appropriate the place setting is. On the back of the card include name, age and 4-H Club.

3613 – Decorated Food Item.

Must be a real food item but only the decoration will be judge. Purchased frosting may be used.

3614 - Recipe Collection Notebook or Recipe Card File should include recipes used in enrolled foods level. Judged on practicality, variety of recipes, nutrition of recipes, organization and neatness. Minimum number of 10 recipes for first year and updated each year with a minimum of 10 new recipes.

3615 - Modified non-perishable food product. **This is a State Fair eligible class.** Product must be modified from original recipe to nutritionally enhance the food product. Attach one – 8 ½ x 11-inch page (front and back) that includes Original Recipe, Modified Recipe, and Narrative to describe modifications made, why modifications were made and lessons learned such as nutritive value, or changes in appearance, doneness, aroma, flavor, tenderness and/or texture. Suggested resources: Altering Recipes for Better Health Purdue University: <http://www.extension.purdue.edu/extmedia/HHS/HHS-157-W.PDF>

Altering Recipes for Good Health Texas A&M University:

https://cdn.agrilifetoday.tamu.edu/wp-content/uploads/2019/11/healthy_food_Challenge_altering_recipes.pdf

4-H Food Preservation

1. Exhibits must have been preserved since the member's previous year's county fair and not been exhibited at the previous Fair
2. **Recipes from the sources below and processing methods are required for use.** Recipes must be from 1995-present. Processing methods that will be disqualified include: open kettle canning, oven canning, and sun canning. Untested recipes will be disqualified for food safety reasons. **Required** recipe resources include:
 - K-State Research and Extension Food Preservation publications
 - USDA Complete Guide to Home Canning
 - So Easy to Preserve, 6th edition, The University of Georgia Cooperative Extension Service
 - Ball Blue Book Guide to Preserving
 - Ball Complete Book of Home Preserving
 - All New Ball Book of Canning and Preserving
 - Canning mixes (i.e. Mrs. Wage's, Ball)
 - Pectin manufacturers (i.e. Sure-Jell, Ball)
 - <http://www.rrc.k-state.edu/preservation/recipes.html>

Refer to following K-State Research and Extension publications for more information:

[4H712, Food Safety Recommendations for Food Preservation Exhibits](http://www.ksre.ksu.edu/bookstore/pubs/4H712.pdf)

(<http://www.ksre.ksu.edu/bookstore/pubs/4H712.pdf>)

MF3170 "[10 Tips for Safe Home-Canned Food](http://www.ksre.ksu.edu/bookstore/pubs/MF3170.pdf)" (<http://www.ksre.ksu.edu/bookstore/pubs/MF3170.pdf>)

MF3171 "[Sassy Safe Salsa at Home](http://www.ksre.ksu.edu/bookstore/pubs/MF3171.pdf)" (<http://www.ksre.ksu.edu/bookstore/pubs/MF3171.pdf>)

MF3172 "What's Your Elevation?" (<http://www.ksre.ksu.edu/bookstore/pubs/MF3172.pdf>)

MF3241 "[How to Guide to Water Bath Canning and Steam Canning](http://www.bookstore.ksre.ksu.edu/pubs/MF3241.pdf)

(<http://www.bookstore.ksre.ksu.edu/pubs/MF3241.pdf>)

MF3242 "[How to Guide to Pressure Canning](http://www.bookstore.ksre.ksu.edu/pubs/MF3242.pdf)" (<http://www.bookstore.ksre.ksu.edu/pubs/MF3242.pdf>)

3. Alcohol is not allowed as an ingredient in food preservation entries. Entries with alcohol in the recipe will be disqualified and not be judged.
4. Each member may enter up to two exhibits in this division, but only one entry per class.
5. Each exhibit must have the complete recipe and instructions attached with the entry card, or it will be lowered one ribbon placing. Recipe must include exhibitor name, recipe source, date of publication and **elevation** of residence.
6. Exhibits must be **heat processed** in clean, clear standard canning jars, with matching brand (ex: use Ball lids on Ball jars, ~~or Kerr lids on Kerr jars, etc.~~) two-piece lids; **including fermented foods**. Do not use colored jars. Do not add fancy padded lids, fabric over wraps or cozies as they interfere with the judging process. No fancy packs unless recipe states to do so (ex: Pickled asparagus). Jars must be sealed when entered. For food safety reasons, the size of jars used must not be larger than the jar size stated in the recipe. Note: There are 12-ounce and 24-ounce canning jars available and may be used. Use pint jar process recommendations for 12-ounce jars. Use quart jar process recommendations for 24-ounce jars.
7. Each jar exhibited must be labeled. The label must not cover brand name of jar. The label must give: Class No, Product, **Elevation** of Residence, Canning Method (water bath, weighted gauge or dial gauge pressure method), Process Time, Pressure (psi), date processed including month and year, Name, and County/District. Ask at the Extension Office for labels.

8. Classes 4350-4355 will require one jar for each class.
9. Hole punch the entry card and use a rubber band to attach the entry card and recipe around the top of the jar.
10. If dried food product is not in a canning jar, it will be lowered one ribbon rating. Suggested amount:
1/3 – 1/2 cup, or three or four pieces per exhibit. All meat jerky must be cooked to an internal temperature of 160 degrees F before or after drying. Dried products must include the recipe and preparation steps. Jerky not heated to an internal temperature of 160 degrees F will be disqualified and not be judged.
Heating information can be found in "[Dry meat Safely at Home](#)"

4350 - Sweet Spreads (Fruit and/or Vegetables), Syrups; One jar

4351 - Fruits, Juices, Fruit mixtures (Salsa, Pie Filling, etc.); one jar

4352 - Low Acid Vegetables (green beans, corn, etc. or vegetable mixtures.); One jar

4353 - Pickles (Fruit or Vegetable), Fermented Foods and Relishes and Chutney; One jar

4354 - Tomato/Tomato Products, Tomato Juice and Tomato Salsas; One jar

4355 - Meats; One jar

4356 - Dried Foods: One Small Jar.

Champion and Reserve Champion named in each class.

Overall Grand and Reserve Champion Foods