

Department F Food Preparation and Preservation

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Section I - Food Preparation Food Preparation Rules:

1. Overall Champion and Overall Reserve will be selected from Project Phase Champions and Reserve exhibits. Champion and Reserve Champion of Decorated Foods will be considered for this award, if the 4-Her is enrolled in this project. Food exhibits and decorated cakes shall be judged according to the rules of their division when competing for Overall Championship honors. **Class F-201** is not eligible for Champion awards. Champion items will be auctioned at the 4-H Foods Auction on Wednesday evening.
2. A member must be enrolled in the project level unless exceptions noted. The 2020-2021 4-H year introduced new foods projects; fair entry will be by age divisions for the 2021 fair.
3. Any 4-Her or youth may exhibit in classes **F-151, F-152, F-153, F-154 and F-201**. Must be enrolled in decorated foods as a separate project to be considered for overall championship awards.
4. 4-Hers may exhibit no more than four food items and educational exhibits per foods project enrolled. In addition to this number, three additional exhibits may be entered in the flop, decorated foods and pies classes.
5. 4-Her may exhibit more than one item per class. Exhibit must demonstrate different skills if entered in the same class. Designate additional entries with the letters A, B, C, and D after class number.
6. 4-H members are encouraged to exhibit entries which exhibit skills learned in their project experience. Appropriate age level skills will be considered when selecting special awards. For example: a no-bake cookie is an appropriate exhibit for a 4-Her enrolled as a Beginner. A 4-Her enrolled as an Intermediate would exhibit a cookie that requires additional skills such as a pressed cookie. Likewise, a Beginner level 4-Her is discouraged from exhibiting a food item requiring advanced techniques which require adult assistance.
7. Recipes in the 4-H food project books are only guidelines. Comparable recipes from other sources may be used and are encouraged. Recipes are required for each exhibit. If not exhibited, a lower ribbon placing will be given. If a 4-Her has received a purple or blue ribbon on an exhibit in previous years, a new recipe must be used. If not, a lower ribbon placing will be awarded. Only 4-Hers receiving a red or white ribbon on a product the previous year may use the same recipe; all other exhibitors must use a new recipe.
8. Following the foods project curriculum guidelines, all levels in the division have classes designated as perishable and non-perishable. Non-perishable exhibits would generally be cookies, muffins, cakes, quick breads, or yeast breads.
9. A perishable food is defined as a food which requires special temperature and time controls. **For food safety reasons, some foods are not appropriate fair exhibits and may not be judged. Foods and frostings with uncooked eggs will not be judged for safety reasons; no ribbon will be awarded.** Refer to K-State Research and Extension publication, 4-H 712, Food Safety Recommendations for Acceptable Fair Exhibits, for information to help make informed, safe food exhibit decisions. Examples of perishable foods would include fresh fruit and vegetables, meat dishes, sandwiches, dairy products, etc. **Perishable foods must be kept at the proper temperature prior to judging.** Perishable foods may receive purple awards at the county fair and named a level champion; however, they are not eligible for State Fair. Pictures of perishable foods will be displayed; random perishable exhibits will be selected for fair display.
10. Judging will be Tuesday of fair week by consultation. Judging will be scheduled by the Extension Office. All exhibits must be entered by 12:30.
11. Food should be removed from pans for display with the exception of food exhibits such as pies or casseroles. If food is not removed, it should be placed in a non-returnable pan. Exhibits should be displayed on a size appropriate plate or covered cardboard to fit the exhibit. Food item only is judged. It is suggested to use a small paper plate for cookies, biscuits, and rolls. Cakes, quick breads, tea rings would be displayed on a larger disposable plate. **For food safety reasons, entries should be placed in a clear plastic bag or covered in a disposable airtight container. Note: To best display exhibit for judging, foods may be transported in non-disposable container such as a cake cover but must be transferred to an exhibitor provided clear bag or disposable container for the food auction after judging.** Covering with clear plastic wrap is not acceptable, as it does not protect the food from the environment.
12. Label entries with gummed labels obtained from the Extension Office. Place labels on bottom of plate and staple exhibit entry card to outside of exhibit. An exhibitor may attach a 3 x 5 index card to provide the judge with additional information which is not covered in the conference judging setting.
13. A 4-Her should exhibit 4 cookies, 4 pretzels, 4 cupcakes, 4 muffins, 1 loaf quick bread (not mini loaf), 1 cake, etc. 4-Hers enrolled in Intermediate and Senior levels should only exhibit perishable foods that require advanced food preparation skills.
14. Commercial mixes are acceptable, but entry should state this fact.
15. All unfrosted cakes (i.e. angel food, chiffon) should be exhibited in an upright position with crust showing. Except for those cakes made with a special design, such as Bundt cakes, which should have top crust side down. Only entries in classes **F-114, F-120, F-126 and F-132** are eligible for the Mary Boldridge Award.
16. Educational exhibits: may be a poster not larger than 22"x28", notebook or other display showing and describing something learned, a project activity completed, a food-nutrition community service program, etc. Exhibit should relate to project in which the member is enrolled. Example of an educational exhibit includes: posters, recipe boxes (at least 10 hand-written, tested recipes for each year exhibited) displays, but are not limited to these examples.
17. A food gift package must contain at least 3 different food items prepared by the 4-Her, in a suitable basket-type container (18"x18"x8"). **Sample food items required.** Prepared food items may be added. **Package will be judged 50% presentation, 10% nutrition knowledge, and 40% food product quality/food safety.**

18. Food, with exception of food baskets, will be sold at auction on Wednesday evening. Proceeds will go to the Atchison County 4-H Council. Sales of Champions and Reserve Champion foods will help fund the 4-H educational scholarship fund. Other funds support the 4-H foods project and county 4-H camp.

19. **Kansas State Fair classes.** Exhibits receiving purple ribbon and meeting age requirements are eligible to exhibit. If eligible to exhibit at the State Fair, only 1 baked (Non-perishable) product and 1 educational display will be allowed. Recipe and pre-entry required.

+ State Fair eligible classes. 4-Hers should check with Extension Office by August 10 to exhibit at State Fair.

20. Any 4-Her enrolled in foods may enter the Flop Class. Bring your "biggest cooking failure" to be judged. Just fair fun.

21. **Exhibits containing alcohol will be disqualified on the local level.** This means that food items as such as beer bread, rum cakes and other similar exhibits will be awarded a green participation ribbon if entered as an exhibit. **As Kansas laws prohibit minors to possess alcohol, food products containing alcohol as an ingredient are not acceptable.**

Foods Beginner (7-8)

Special Awards:

F-110-Perishable Food Item

F-111-Non-Perishable Food Item +

F-112-Educational Exhibit (Recipe Box, Place Setting, Poster) +

F-113-Food Gift Package (3 or More Items)+

F-114-Cake+

F-115-Flop Class

Foods Junior (9-11)

Special Awards: Atchison County FCE Council sponsors an award for Junior Champion Foods.

F-116-Perishable Food Item

F-117-Non-Perishable Food Item +

F-118-Educational Exhibit (Place Setting, Poster, etc.) +

F-119-Food Gift Package (3 or More Items)+

F-120-Cake+

F-121-Flop Class

Foods Intermediate (12-13)

Special Awards:

F-122-Perishable Food Item (limit of two exhibits)

F-123-Non-Perishable Food Item +

F-124-Educational Exhibit (Recipe Box, Place Setting, Poster, etc.)+

F-125-Food Gift Package (3 or More Items)+

F-126-Cake +

F-127-Flop Class

Foods Senior (14 & older)

Special Awards:

F-128-Perishable Food Item (limit of one exhibit)

F-129-Non-Perishable Food Item +

F-130-Educational Exhibit (Place Setting, Poster, Display, etc.)+

F-131-Food Gift Package (3 or More Items)+

F-132-Cake +

F-133-Flop Class

Yeast Breads (Must enrolled in project)

4-Hers not enrolled in yeast breads should exhibit as a non-perishable exhibit in project enrolled.

Special Awards:

F-134-Yeast Rolls/Pretzels/breadsticks (3) +

F-135-Yeast Loaf +

F-136-Specialty Yeast Bread Product (tearing, international, etc.) +

F-137-Food Gift Package (3 or more Items) +

F-138-Bread Machine +

F-139-Educational Exhibit (Poster, Recipe Box, Display, etc.) +

F-140-Flop Class

F-141-Youth Sculpted Bread Contest-*Need not be enrolled in breads project.*

Decorated Foods

1. Any youth enrolled in 4-H may enter a decorated food item. Entry in this section is in addition to the four food exhibits per project phase limit. One entry per class.
2. 4-Hers enrolled in cake decorating project may enter 4 items and may enter more than 1 item per class. 4-Hers enrolled in cake decorating as a project are eligible for Overall Champion and Reserve awards.
3. Decorated cakes are judged on decoration only and not on the food product. Decorated cakes are not eligible for the Mary Bol-bridge award.
4. Exhibits will be sold at the 4-H food auction.
5. "Friends of 4-H" items will be given to 4-H supporters.

F-151-Decorated Cake

F-152-Decorated Cupcakes (4)

F-153-Decorated Cookies (4)

F-154-"Friend of 4-H" Decorated Entry

Section II: Pies

Special Awards:
Champion Pie.

Susan Duncan, sponsors \$6 to Grand Champion Pie and \$4 to Reserve

Pie Rules:

1. Open to all youth enrolled in 4-H foods. Entry in this section is in addition to the four foods exhibits per project limit. Pies entered in this section will not be considered for Grand and Reserve Champion awards.

F-201-Pie +

Section III: Honey Learning About Food Science

Special Awards:

1. Any youth may exhibit in this class. This class is eligible for the honey award only. The purpose of this award is to promote an understanding of food science.
2. This award requires the exhibitor to select a recipe. The exhibitor will prepare the recipe using honey as a sweetener. The same recipe should also be prepared using another sweetening ingredient such as sugar.
3. The exhibitor will explain their observations to the judge. A product using honey must be exhibited, plus displaying the second product. Both food items will be displayed as one item.

F-301-Honey Food

Section IV: Food Preservation

Purple/Blue - \$2.75; Red - \$2.50; White - \$2.25

Special Awards:

Food Preservation Rules:

1. Exhibits must have been preserved since the previous year's county fair.
2. Recipes must be from 1995-Present and **must be adjusted for altitude** based on your processing location, or it will be disqualified. Processing methods that will be disqualified include: open kettle-canning, oven canning, sun canning and using electric multi-cookers. Untested recipes will be disqualified for food safety reasons. Tested recipe resources include **Current recommended USDA methods of processing must be used.** Improperly processed food will be disqualified. **Check local 4-H foods project web page for judging criteria and detailed information related to food safety guidelines.** Recipes and processing methods from the sources on foods project webpage are recommended safe sources.
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 as youth are unable to legally purchase alcohol.

4. Each exhibit must have the complete recipe and instructions attached with the entry card, or it will be disqualified. **Recipe must include exhibitor name, recipe source, date of publication and altitude where food was processed.** If using Mrs. Wage's or Ball mixes, indicate the date the mix was purchased.
3. Exhibits must be 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. 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 (**ex: Salsa is canned in pint jars only, no quarts**). Half pint used for jelly only. Note: There are 12-ounce, 24-ounce and 28-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 and 28-ounce jars. 4. Each jar exhibited must be labeled with uniform label placed one inch from the base of plain side of jar.
5. Each jar exhibited must be labeled. Canning labels from the Extension Office must be used. The label must not cover brand name of jar. The label must give: Class No, Product, Altitude where processed, 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. 6. Exhibitors are limited to twelve entries. Entries may be any combination of classes. Second class entry must be a different product and should state class number and added letter B; third entry C.
7. Attach the entry card with tape to the top of the jar. The exhibitor may also attach a 3x5" index card with the entry card to give the judge any information which the exhibitor thinks would be helpful for the judge to know.
8. Classes F-401-407 will require one jar for each class. Class F-407 Dried food **must** be stored in small canning jars. Suggested amounts: 1/3 to 1/2 cup, or three or four large pieces per exhibit.
9. All meat jerky must be cooked to 165 degrees F before or after drying.
10. Based on ribbon placings of Senior exhibitors (12 and older), a Best of Show Honor will be selected. Ribbon placings will be assigned points as follows, purple 4, blue 3, red 2 and white 1. Exhibitor with the highest cumulative points will be awarded Best of Show plaque. Winner's name will be engraved on plaque and an award presented to exhibitor. Plaque shall be returned by August 1 of following year. If an exhibitor is awarded plaque for 3 consecutive years they retain ownership.

State Fair Classes +

F-401-Sweet spreads, syrups +

F-402-Fruits, juices +

F-403-Low acid vegetables +

F-404-Pickles and relishes +

F-405-Tomato/Tomato Produces + (Salsa in a pint jars only.)

F-406-Meats +

F-407-Dried food+