

# Department F Food Preparation and Preservation

Superintendent: Eileen Acheson

Assistants: Terri Sheeley, Jeannine Flory

Junior Assistant:

Additional premium money provided:

Linda Bottorff in memory of Carl & Laverne Sternsdorff, Effingham, \$12.50

Spielman Fertilizer, Muscotah, \$25-Hinton Body Shop, Atchison, \$10

Purple/Blue - \$1.50; Red - \$1.25; White - \$1.00

## **Special Awards:**

The Fred Shade Family, Atchison, sponsors a trophy for the Overall Champion in 4-H Foods.

Linda Bottorff, Lancaster, sponsors \$15 to be awarded to the Reserve Champion Overall Foods.

The Mary Boldridge Award, sponsored by JoAnn Murray, Atchison, will be a trophy to the Overall Cake Champion exhibited in classes F-114, F-120, F-126 and F-132. Nancy Heineken, Holton, awards \$5 to the Overall Champion Food Gift Basket and \$5 to top chiffon cake.

In memory of Adam Reiss, Fred & Betty Shade, Atchison sponsor awards for the top Senior and Junior angel food cake exhibitors.

In memory of Leon Heineken, his family sponsors a special award to insure against any more cooking failures. (Top Flop Award)

## **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 on the enrollment card. Food exhibits and decorated cakes shall be judged according to the rules of their division when competing for Overall Championship honors. Class F-204 is not eligible for Champion awards. Champion items will be auctioned at the 4-H Foods Auction on Tuesday evening.

2. A member must be enrolled in the project level unless exceptions noted.

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 project level 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 to be with the 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 given. 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 you 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 Monday 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 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 are 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, or place setting with menu plan, but are not limited to these examples. 4-Her may exhibit place setting with appropriate menu plan. Display on card table furnished by 4-Her. Place setting not eligible for State Fair.

17. A food gift package must contain at least 3 different food items prepared by the 4-Her, in a suitable 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 following the fashion revue on Tuesday evening. Proceeds will go to the Atchison County 4-H Council. Sales of Champions and Reserve Champion foods will help fund the 4-H scholarship fund.

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 product and 1 educational display will be allowed. Recipe and pre-entry required.

+ State Fair eligible classes. 4-Her should check with Extension Office by August 15 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

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

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

F-122-Perishable Food Item (limit of one exhibit)

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

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

##### Special Awards:

Laura Davis, Nortonville, sponsors \$10 to be awarded to the Top Whole Wheat Product.

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

Decorated Cake Rules:

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 deco-rating 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-drige 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

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.

F-201-Pie +

#### Section III: Honey

##### Special Awards:

Michael Sinclair, Atchison will provide \$20 for premium money to be divided among all exhibitors.

Any 4-Her 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. 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. The exhibitor will explain their observations to the judge. A product using honey must be exhibited, displaying the second product is optional. 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:

Linda Bottorff in memory of Carl & Laverne Sternsdorff, Effing-ham, provides \$10 towards premium money. In honor of Eileen Acheson, her children will sponsor a Traveling Best of Show Plaque in the Senior food preservation division and a prize.

**Food Preservation Rules:**

1. Exhibits must have been preserved since the previous year's county fair.
2. Recommended USDA methods of processing must be used. Improperly processed food will be disqualified. Recipe and preparation steps required.
3. Exhibits must be sealed in clean standard Mason jars - half pint, (jelly only) pint, quarts, etc., with two piece lids.
4. Each jar exhibited must be labeled with uniform label placed one inch from the base of plain side of jar.
5. Canning labels from the Extension Office must be used. The label must include the canning method, process time & attitude.
6. Exhibitors are limited to six 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 should be exhibited in a small canning jar. Dried food can be stored in small jars, clear plastic bags or other "see-through" containers. Suggested amounts: 1/3 to 1/2 cup, or three or four pieces per exhibit.
9. 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.
10. All meat jerky must be cooked to 165 degrees F before or after drying.

#### **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 +

**F-406**-Meats +

**F-407**-Dried foods

