

**DEPARTMENT 25**  
**FOODS AND NUTRITION**  
**Judging: Tuesday, 2:00-7:30 PM**



**RULES:**

1. Maximum of 15 entries per exhibitor in the Foods/Nutrition department.
2. **RECIPES REQUIRED WITH EXHIBIT.** Print recipe on a 3 x 5 or 5 x 7 card. Include ingredients, mixing and baking instructions.
3. Each exhibitor must make own foods. Members from the same family may not enter food from the same batch.
4. **NO** commercial mixes may be used. This does not include the use of biscuit mix product, or a homemade mix.
5. All baked foods must be thoroughly **COOLED** before bringing to the fair.
6. Paper plates and plastic bags for display during fair will be furnished by the Fair Association after judging. Entries may be presented for judging in/on your own dish.
7. All exhibitors must bring **WHOLE** baked food entry (if cake, pie or bread, it cannot be cut) to the Fair.
8. Muffins baked in paper will not be accepted.
9. At the end of fair, ribbons may be picked up. Fair Association will dispose of food exhibits.
10. No frosting on any baked goods, except F-104.
11. Breads and rolls must not be greased after baking for exhibit.
12. Recipes may vary from the samples in the 4-H Foods Literature.
13. Place setting must include, 3 x 5 or 5 x 7 card diagramming the place setting.
14. China, crystal, or other expensive pieces are **NOT RECOMMENDED** in place setting.
15. Exhibitor Classes A-D, **select only the Class** in which they are enrolled. All foods members may exhibit in Classes E-H.
16. When doing educational poster(s), please follow the poster guidelines and scorecard as show in the "Rules/Regulations" on page 22.
17. All members in any Foods project may enter Class F, Lot 117.

**Class A—Six Easy Bites (Foods 1)**

**RULES:**

1. Open to exhibitors enrolled in *SIX EASY BITES* Project.  
*Premium for lots 101-110*

<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>
2.00	1.75	1.50	1.25

Lot No.	Description
101.	GRANOLA BARS (4)
102.	MUFFINS (4)
103.	BAKED POTATO (with topping)
104.	SNACK PIZZA (individual pizza)
105.	DROP COOKIES (4)
106.	QUICK BREAD (whole loaf)
107.	EDUCATIONAL POSTER related to: freezing, mold, careers, where foods are grown, measuring, or serving size.
108.	HEALTHY SANDWICH
109.	PLACE SETTING for luncheon (include mat or tablecloth, napkin, and centerpiece)
110.	EXHIBIT RELATED TO foods project literature

**Class B—Tasty Tidbits (Foods 2)**

**RULES:**

1. Open to exhibitors enrolled in the *TASTY TIDBITS* project.  
*Premium for lots 101-112*

<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>
2.50	2.25	2.00	1.75

Lot No.	Description
101.	PRETZELS (4)
102.	BAKING POWDER biscuits (4)
103.	ANY FOOD MADE with yogurt as ingredient
104.	HOMEMADE COCOA MIX
105.	REFRIGERATOR COOKIES (4)
106.	LOW FAT DESSERT (individual serving)
107.	LASAGNA (individual serving)
108.	ONE DISH MEAL (individual serving)
109.	CAKE (Replace oil with applesauce - bring whole cake)
110.	EDUCATIONAL POSTER related to: low-fat alternatives, better fast food choices, food safety, blanching, or careers.
111.	PLACE SETTING for luncheon (include mat or tablecloth, napkin, centerpiece, and menu)
112.	EXHIBIT RELATED TO foods project literature

**Class C—You're the Chef (Foods 3)**

**RULES:**

1. Open to exhibitors enrolled in the *YOU'RE THE CHEF* project.  
*Premium for lots 101-111*

<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>
3.00	2.75	2.50	2.25

Lot No.	Description
101.	STIR FRY MEAL (individual serving)
102.	LOW-FAT DIP (bring one serving)
103.	YEAST DINNER ROLLS (one each of four different shapes)
104.	YEAST BREAD (one loaf)
105.	CASSEROLE (individual serving)
106.	BREADSTICKS (4)
107.	CROCK POT STEW (individual serving)
108.	QUICKBREAD (whole loaf)
109.	EDUCATIONAL POSTER related to: making your own casserole, calculating the fat in food, food safety, additives, careers, or getting a meal together
110.	PLACE SETTING for dinner (include mat or tablecloth, napkin, centerpiece, menu, and shopping list)
111.	EXHIBIT RELATED TO foods project literature

**Class D—Foodworks (Foods 4)**

**RULES:**

1. Open to exhibitors enrolled in the *FOODWORKS* project.  
*Premium for lots 101-113*

<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>
3.00	2.75	2.50	2.25

Lot No.	Description
101.	PIE (baked fruit, no canned fillings, with pastry crust; bring whole pie, one serving will be displayed)
102.	INTERNATIONAL DISH
103.	HOMEMADE PEANUT BUTTER
104.	VEGETARIAN DISH (individual serving)
105.	HIGH FIBER BREAD (one loaf)
106.	HIGH FIBER COOKIES (4)
107.	ANY DISH MADE with planned leftovers
108.	INDIVIDUAL HOMEMADE PIZZA (must have homemade crust and toppings of choice)
109.	SOUP (individual serving)
110.	ANY HOLIDAY FOOD (must be able to explain why it's special)
111.	EDUCATIONAL POSTER related to: recycling in the kitchen, substitutions, food safety, or careers.
112.	PLACE SETTING for dinner (include mat or tablecloth, napkin, centerpiece, menu, and shopping list)
113.	EXHIBIT RELATED TO foods project literature

