



## FOODS

(Food Preparation is baking; Food Preservation is canning or freezing)



PROJECT SUPERINTENDENT:	Food Preparation	Cheryl Armstrong, 317-752-4715, <a href="mailto:carmstro@iu.edu">carmstro@iu.edu</a>
EXHIBIT CHECK-IN:	Preparation Levels A and B	Wednesday, July 19, 8-9 AM
JUDGING	Preparation Levels A and B	Wednesday, July 19, 9 AM, Open Judging (5 Judges)
EXHIBIT CHECK-IN:	Preparation Levels C and D	Wednesday, July 19, 11:30 AM-12:30 PM
JUDGING	Preparation Levels C and D	Wednesday, July 19, 12:30 PM, Open Judging
PROJECT SUPERINTENDENT:	Food Preservation	Lyneen Burrow, 317-697-6336, <a href="mailto:neenburrow@aol.com">neenburrow@aol.com</a>
EXHIBIT CHECK-IN:	Preservation, Levels A and B	Alyson Bray, <a href="mailto:alybray@gmail.com">alybray@gmail.com</a>
JUDGING	Preservation, Levels A and B	Wednesday, July 19, 8-9 AM
EXHIBIT CHECK-IN:	Preservation, Levels C and D	Wednesday, July 19, 9 AM, Open Judging
JUDGING	Preservation, Levels C and D	Wednesday, July 19, 10-11 AM
FOOD AUCTION:		Sunday, July 23, 5 PM
RELEASE:		Tuesday, July 25, 9-11 AM and, 5-7 PM
STATE FAIR ENTRIES:		Preparation: 2 Level A, 2 Level B, 3 Level C, and 3 Level D entries
		Preservation: 2 Level A, 2 Level B, 3 Level C, and 3 Level D entries

### Project Guidelines:

#### Manual:

- Each year 4-H'ers are required to complete a minimum of three (3) different manual activities.

### Exhibit Guidelines:

All posters, notebooks, and display boards must include a reference list indicating where information was obtained, giving credit to the original author, to complete the 4-H member's exhibit. This reference list should/might include web site links, people and professionals interviewed, books, magazines, etc. It is recommended this reference list be attached to the back of a poster or display board, be the last page of a notebook, or included as part of the display visible to the public. A judge is not to discredit an exhibit for the way references are listed.

Posters are to be 22"x28" and displayed horizontally and placed in a clear plastic sleeve or covered with clear plastic to protect contents. Display boards should be designed to sit on a table using no more than 36" of tabletop space. Space should be left in the lower right hand corner to place an exhibit tag provided by Purdue Extension staff.

Refer to the [Purdue Extension Food Preservation](https://ag.purdue.edu/foodsci/Pages/Food-Preservation.aspx) website (<https://ag.purdue.edu/foodsci/Pages/Food-Preservation.aspx>) website for resources and Purdue Extension educators trained to answer food preservation questions.

Purdue Extension Food Safety Policy (revised 10/**2022**):

1. For Food Competitions: Fillings, frostings, glazes, and meringues are not permitted to contain cream cheese, sour cream, heavy cream, or whipped cream if they are not fully cooked/baked. These items are allowed as ingredients in food products IF the final product is cooked/baked. Additionally, raw milk, raw milk products or uncooked eggs/egg whites are not permitted. Eggs/egg whites that have been cooked to 160°F (i.e. Pasteurized or included as part of a batter and baked) are acceptable. No home-canned fruits, vegetables, or meats are permitted as ingredients in food products.
2. Foods should be transported to the competition in a way that minimizes contamination and maintains the quality of the food (i.e. foods that are judged as frozen should remain frozen at all times).
3. Recipes must be provided that identifies all ingredients that were used in each part of the product. Any ingredient that could be a potential allergen must be clearly identified. Potential food allergens include, but are not limited to, milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat, soy and sesame. Each food product must be labeled with the following information:
  - Name
  - Date the food product was made
4. Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods. If cuts are present, the wound should be bandaged and a single use food service glove worn on the hand during all stages of food production. Contestants should not be preparing food exhibits for competition within 48 hours of recovering from any illness. People experiencing symptoms of vomiting, diarrhea, fever, and/or jaundice should not be allowed to prepare food.
5. Judges and individuals who will consume products from county and/or state competitions should be informed that they are at risk for foodborne illness since the established policy cannot guarantee that an entry has been properly prepared or handled before, during or following the competition. The food products for competitions are home produced and processed and the production area is not inspected by the Indiana Department of Health. Tasting of a food product is solely at the discretion of the judge and consumers. Judges are **NOT** to taste any home preserved foods such as low-acid or acidified foods like green beans, tomatoes or tomato products, jams/jellies/fruit preserves or fermented products produced in the home.
6. Baked food products may be from a boxed mix following the instructions, a boxed mix with added ingredients, or ingredients combined from scratch. Youth are to place their name, county and club on the bottom side of their plate, pan or other container and the official entry tag provided will be placed with the exhibit.
7. A completed 4-H recipe card is to be submitted with each exhibit. Recipe cards are for judging purposes only and will not be returned to the exhibitor. Laminating, wrapping the recipe card in plastic, or placing it in a clear plastic bag is optional. Since it is illegal in the State of Indiana for youth under the age of 21 to purchase or consume alcoholic beverages, 4-H members are to use recipes that do not include an alcoholic beverage as an ingredient. A suitable non-alcoholic or imitation product may be substituted.
8. Baked food products should be covered during transport and displayed on a paper or foam plate, or another type of disposable container. Cakes and sticky items may be displayed on a cardboard strong enough to support the item and covered in foil, plastic, wax paper, or similar substance.
9. Preserved food products should be displayed in an appropriate container, preferably disposable. Containers will not be returned to the exhibitor.



### **Exhibit Labeling Suggestions:**

1. Clearly print your name, grade, 4-H Club, and Title of Recipe on exhibit tag.
2. Tape exhibit tag to the top of the covered product.
3. Only (1) one exhibit tag is needed.

### **Recipe Card Suggestions:**

1. A 4-H recipe card is required for all food preparation and food preservation exhibits. Include the recipe source and all the information requested in the exhibit description, as well as your name, county, grade level/exhibit option, and 4-H Club.
2. A 4-H recipe card can be neatly handwritten or word processed.
3. Place your 4-H recipe card in a quart or gallon size zippered plastic bag.

### **How to Prepare Food Products for Display Suggestions:**

#### Baked Food Products:

1. Cookies should be displayed on a small (6"-7") white disposable paper or foam plate. Slip cookies/plate into a gallon zippered plastic bag.
2. Muffins, Pretzels/Biscuits, and Yeast Rolls should be displayed on a large (9"-11") white disposable paper or foam plate. Slip plate into a 1 or 2-gallon zippered plastic bag.
3. Cakes– Display 8"-9" round cakes on a large (9"-11") white disposable paper or foam plate. Or cut a piece of cardboard about 1" larger than the bottom of the cake and cover cardboard with foil before putting the cake on it. Slip plate or cardboard into 2-gallon zippered plastic bag.
4. Bread Loaves– Display on a round, square, oblong, or rectangular piece of cardboard covered with foil. Slip cardboard into 2-gallon zippered plastic bag.
5. Pies can be exhibited in disposable, glass, ceramic, or metal pie plates. Non-disposable plates may be picked up after the judging, but cannot be guaranteed to be returned to the 4-H'er. Please include name and phone number on bottom of pie plate.

#### Preserved Food Products:

1. All canned products must have the ring on the jar top to protect the seal. ALL FOOD PRESERVATION items will be opened during judging (food items will be disposed of- containers may be picked up). Containers not picked up immediately after judging will be discarded. Make at least two (2) items in preparation of a State Fair entry.
2. All Food Preservation frozen items must be brought in and kept in a cooler with ice during judging. Coolers will be available for pickup after judging is completed. **PLEASE PUT NAME ON COOLER.**
3. Food Preservation- please display in freezer bags or disposable freezer containers. (Freezer space will NOT be available).

### **Foods Auction**

Those 4-H'ers receiving **State Fair entries** in the food preparation or food preservation project will have the opportunity to prepare an additional product for the foods auction. The auction will be held Sunday, July 23, 2023 at 5:00 p.m. Those receiving **State Fair entries** in the food preparation or food preservation project should have their product at the 4-H grounds by 4:00 p.m. Check in the fair office for more information.

## **Exhibit Class Guidelines:**

### **Level A (grades 3-4 suggested)**

Each year, members are required to complete a minimum of three (3) activities from the manual.

#### **Preparation**

Choose one (1) of the baked products below, or a similar baked product of choice. It is suggested a participant choose a different option each year, but this is not a requirement.

- Three (3) uniced snack sized cookies.
- Three (3) standard sized unlined muffins.
- Three (3) standard sized unlined muffins containing an ingredient that is a source of Vitamin A or C.
- Three (3) snack sized granola bars.
- Three (3) snack sized brownies or blondies.
- An educational poster, notebook or display about a food or nutrition topic of choice that is age/grade appropriate.
- Any other similar baked item.

#### **Preservation**

Choose one (1) of the preserved products below, or a similar preserved product of choice. It is suggested a participant choose a different option each year, but this is not a requirement.

- A package of three (3) baked or unbaked, snack-sized (approximately 2"-3" individual size) frozen cookies. Display in freezer bag or freezer container. (NOTE: Freezer containers will not be returned.) Include index card with recipe and instructions for defrosting or baking. Label with name of product, quantity, and date frozen.
- One (1) package of frozen berries. Display in freezer bag or freezer container. (NOTE: Freezer containers will not be returned.) Include index card with recipe and instructions for cooking or defrosting. Label with name of product, quantity, and date frozen.
- One (1) package of dehydrated fruit or vegetable. Display in an appropriate bag or container. Include index card with recipe and instructions for cooking or defrosting. Label with name of product, quantity, and date dehydrated.
- An educational poster, notebook or display about a food or nutrition topic of choice that is age/grade appropriate.
- Any other similar preserved item.

All Food Preservation frozen items must be brought in and kept in a cooler with ice during judging. Coolers will be available for pickup after judging is completed.

### **Level B (grades 5-6 suggested)**

Each year, members are required to complete a minimum of three (3) activities from the manual.

#### **Preparation**

Choose one (1) of the baked products below, or a similar baked product of choice. It is suggested a participant choose a different option each year, but this is not a requirement.

- A single layer cake without frosting.
- A single layer reduced-fat cake without frosting. Reduce the amount of fat in the recipe by using a fruit puree or baby food fruit product that does not contain yogurt.
- A standard loaf-sized quick bread.
- A standard loaf-sized quick bread containing an ingredient that is a source of Vitamin A or C.
- A coffee-cake.
- A coffee-cake containing an ingredient that is a source of Vitamin A or C.
- Three (3) biscuits or scones that are plain, sweet or savory.
- Three (3) biscuits or scones that are plain, sweet or savory using a whole grain flour mixture.
- Three (3) biscuits or scones that are plain, sweet or savory containing an ingredient that is a source of Vitamin A or C.
- Three (3) no-yeast, any shape pretzels (shaped, stick or nugget).
- Three (3) no-yeast, any shape pretzel with a whole grain flour mixture (shaped, stick or nugget).
- Three (3) no-yeast breadsticks.
- Three (3) no-yeast cinnamon rolls or other flavored roll without icing or glaze.
- A no-yeast sweet bread without icing or glaze.

### **Preparation continued...**

- An educational poster, notebook or display about a food or nutrition topic of choice that is age/grade appropriate.
- Any other similar baked item.

### **Preservation**

Choose one (1) of the preserved products below, or a similar preserved product of choice. It is suggested a participant choose a different option each year, but this is not a requirement.

- One (1) uncooked frozen mini-pizza using whole-grain pita bread, English muffin, bagel, or already prepared crust (no larger than 7" in diameter) with toppings of your choice. Include at least four (4) MyPlate food groups on your pizza. Meat toppings such as hamburger, sausage, bacon, etc. must be cooked. Display on covered cardboard inside freezer bag. Include index card with recipe and instructions for cooking. Label with name of product, quantity, and date frozen.
- One (1) package of any frozen vegetable or combination vegetables. Display in freezer bag or freezer container. (NOTE: Freezer containers will not be returned.) Include index card with instructions for defrosting and cooking. Label with name of product, quantity, and date frozen.
- One (1) container of frozen fruit or vegetable juice. Include index card with instructions for defrosting and cooking. Label with name of product, quantity, and date frozen.
- One (1) container of frozen soup. Include index card with recipe and instructions for defrosting and cooking. Label with name of product, quantity, and date frozen.
- A frozen ready-to-eat breakfast sandwich, burrito or similar item. Display on covered cardboard inside freezer bag. Include index card with recipe and instructions for cooking. Label with name of product, quantity, and date frozen.
- An educational poster, notebook or display about a food or nutrition topic of choice that is age/grade appropriate.
- Any other similar preserved item.

All Food Preservation frozen items must be brought in and kept in a cooler with ice during judging. Coolers will be available for pickup after judging is completed.

### **Level C (grades 7-9 suggested)**

Each year, members are required to complete a minimum of three (3) activities from the manual.

#### **Preparation**

Choose one (1) of the baked products below, or a similar baked product of choice. It is suggested a participant choose a different option each year, but this is not a requirement.

- Three (3) yeast bread sticks or yeast rolls (any shape, medium size – but not a sweet roll)
- Three (3) yeast bread sticks or yeast rolls (any shape, medium size - but not a sweet roll), using a whole grain flour mixture. Participants are expected to learn how to knead bread dough by hand and allow it to rise appropriately. It is NOT acceptable to use a home bread maker.
- A yeast bread loaf or braid. Participants are expected to learn how to knead bread dough by hand and allow it to rise appropriately. It is NOT acceptable to use a home breadmaker.
- A yeast bread (can be loaf, braid) using a whole grain flour mixture such as whole wheat, rye, oat bran, etc. Participants are expected to learn how to knead bread dough by hand and allow it to rise appropriately. It is NOT acceptable to use a home breadmaker.
- Homemade pizza using a yeast dough. Judges are not expecting this item to be presented hot out of the oven.
- One (1) package of an invented healthy snack (such as a granola bar, popcorn snack, trail mix, etc.). Your snack must include at least 2 food groups from MyPlate. Exhibit must include your snack product and a separate folder containing a marketing plan with product name, recipe, how it will be packaged, a package design, where it will be sold and suggested selling price. Style your snack for a photo shoot and include the picture in your marketing plan. Label should include product name, date, quantity, and serving size.
- Prepare an entrée casserole that meets three MyPlate requirements for a meal. Use care when transporting to prevent spoilage. Judges are not expecting this casserole to be presented hot out of the oven.

### **Preparation continued...**

- An educational poster, notebook or display about a food or nutrition topic of choice that is age/grade appropriate.
- Any similar baked item.

### **Preservation**

Choose one (1) of the preserved products below, or a similar preserved product of choice. It is suggested a participant choose a different option each year, but this is not a requirement.

- One (1) container of freezer jam. Include index card with recipe and instructions for storing. Label with name of product, quantity, and date frozen.
- One (1) jar of a canned tomato product using the Hot Pack Method for a boiling water bath canner, such as tomato juice, catsup, barbecue sauce, or salsa. Include index card with recipe and instructions for cooking or using the product. Label with name of product, quantity, and date canned. Canned products must have the ring on the jar top to protect the seal. Note: Only food preservation products made using USDA approved recipes and techniques are acceptable.
- One (1) jar of a canned pickled product or canned pickles. Include index card with recipe, processing, and storage instructions. (Products using a fancy pack are not accepted.) Label with name of product, quantity, and date canned. Canned products must have the ring on the jar top to protect the seal. Note: Only food preservation products made using USDA approved recipes and techniques are acceptable.
- Frozen yeast dough (bread loaf, roll balls, sticks, pizza, etc.). Include index card with recipe and instructions for defrosting and cooking. Label with name of product, quantity, and date frozen.
- An educational poster, notebook or display about a food or nutrition topic of choice that is age/grade appropriate.
- Any similar preserved item.

All Food Preservation frozen items must be brought in and kept in a cooler with ice during judging. Coolers will be available for pickup after judging is completed.

### **Level D (grades 10-12 suggested)**

Each year, members are required to complete a minimum of three (3) activities from the manual.

### **Preparation**

Choose one (1) of the baked products below, or a similar baked product of choice. It is suggested a participant choose a different option each year, but this is not a requirement.

- A single or double crust baked fruit pie (no graham cracker crust). (Note: Custards, cream, cream cheese frosting and fillings, and raw egg white frosting are not acceptable in an exhibit because they are highly perishable when left at room temperatures.)
- A baked food product for a catered meal or special event in which organizers have requested low fat and/or reduced sugar items. Exhibit will include your food product and a notebook outlining how this product is to be used at the event, menu, supplies to buy, preparation schedule, equipment, table layout, etc. A table display is optional.
- Select a condition in which people have to specifically modify their eating habits (diabetes, heart disease, Celiac disease, food allergies, etc.) Prepare a baked food product appropriate for someone with this condition. Exhibit will include your food product and a notebook summarizing the condition or allergy, nutrition considerations involved with the condition, a description of your baked item, and an explanation of how it fits within the nutrition considerations. Make sure to note any ingredients that could cause an allergic reaction.
- Prepare an entrée casserole that meets four MyPlate requirements for a meal. Use care when transporting to prevent spoilage. Judges are not expecting this casserole to be presented hot out of the oven.
- An international or ethnic food of choice. This may be a cold or hot product. Use care when transporting to prevent spoilage. Judges are not expecting this product to be presented hot out of the oven.
- A specialty pastry.
- Create a baking mix and provide a sample of the baked product. Include an index card with instructions, wet ingredients needed, and baking instructions.
- An educational poster, notebook or display about a food or nutrition topic of choice that is age/grade appropriate.
- Any other similar baked item.

## Preservation

Choose one (1) of the preserved products below, or a similar preserved product of choice. It is suggested a participant choose a different option each year, but this is not a requirement.

- One (1) jar of pressure canned vegetables, meat or combination product, such as soup, stew, spaghetti sauce with meat, etc. Include index card with recipe and instructions for cooking or using the product. (Products using a fancy pack are not accepted.) Label with name of product, quantity, and date canned. Canned products must have the ring on the jar top to protect the seal. Note: Only food preservation products made using USDA approved recipes and techniques are acceptable.
- One (1) package of a combination food frozen entree in freezer container. The combination food should contain three (3) food groups from MyPlate. Exhibit should include an index card with recipe and instructions for reheating. Display in disposable containers. No containers will be returned. Label with name of product, quantity, and date frozen.
- A jar of cooked jam or a reduced-sugar fruit spread. Include recipe card. Label with name of product, quantity, and date made. Note: Only food preservation products made using USDA approved recipes and techniques are acceptable.
- One (1) container of a thaw and eat frozen prepared appetizer. Include index card with recipe and instructions for defrosting. Label with name of product, quantity, and date frozen.
- One (1) container of a thaw and eat frozen prepared dessert. Include index card with recipe and instructions for defrosting. Label with name of product, quantity, and date frozen.
- An educational poster, notebook or display about a food or nutrition topic of choice that is age/grade appropriate.
- Any other similar preserved item.

All Food Preservation frozen items must be brought in and kept in a cooler with ice during judging. Coolers will be available for pickup after judging is completed.