**Microwave Foods**

(Not a State Fair Project)

**(To enroll in the Microwave Cooking project, select County Project: Microwave Foods** **in 4-H Online.)**

**Level A: Grades 3 – 4:**

Choose one:

Fudge- 6 **squares** (1”-2” squares)

Microwave Snack- 1 full batch or 3 individual servings

**Level B: Grades 5 – 6:**

Choose one:

Bar Cookies – 6 **bars** (2”-3” bars)

Brownies – 6 **squares** (2”-3” squares)

Upside down cake – 1 cake

**Level C: Grades 7 – 9:**

Choose one:

Candy – 1 full batch or 3 individual servings

Coffee Cake – 1 full cake or 3 individual servings

Fruit Crisp – 1 full batch or 3 individual servings

**Level D: Grades 10 – 12:**

Choose one:

Bundt Cake- 1 full cake or 3 individual servings

Double Layer Cake – 1 full cake or 3 individual servings

Jam – 1 jar

Jelly – 1 jar

Meat Dish – **1 full dish or 3 individual servings**

Pie- 1 full pie

Modified: 1/15/2023