



Project Title: Dairy Foods

Description:

Allows youth to learn life skills and grow in project knowledge while preparing a variety of food containing dairy products. Exhibitors may also express creativity in presentation and learn about proper table settings.

State Fair Entries:

No. County only project.

Exhibit Guidelines:

Division	Project Book
Level A (Grades 3, 4)	
Level B (Grades 5, 6)	
Level C (Grades 7, 8, 9)	
Level D (Grades 10, 11, 12)	

[Artificial Intelligence \(AI\) may be used, with parent permission, when creating this exhibit and is to be documented as a reference. A majority of the work to create this exhibit is to be the 4-H member's original work.](#)

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.

Purdue Extension Food Safety Policy (revised 10/2020):

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.

Fresh-cut, uncooked, fruits and/or vegetables are not permitted to be used in food products or used as garnishes for the product. 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).

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 container must be labeled with the following information:

- Name
- Address (4-H member information can be taken from enrollment if needed)
- Contact information (phone and/or email address; 4-H member information can be taken from enrollment if needed)
- Date the food product was made

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.

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 State 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.

Baked food products may be from a boxed mix following the instructions, a boxed mix with added ingredients, or ingredients combined from scratch. A completed 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.

Baked food products should be covered during transport and displayed on a paper or foam plate, or another type of disposable container. Pies, casseroles and other similar items are to be baked in a disposable pan. Cakes and sticky items may be displayed on cardboard strong enough to support the item and covered in foil, plastic, wax paper, or similar substance.

Special Notes for the Dairy Products project:

1. Eggs are not dairy products.
2. **Cool Whip and Whipped Cream purchased “ready to use” is not considered a dairy product. Members should make their own whipped cream if used as one of the dairy ingredients in the recipe.**
3. Members are encouraged to highlight the dairy products on their recipe cards to aid the judge. Dairy substitutes MAY NOT be used in any recipe.
4. Members are encouraged to exhibit their food items as though they are being served. This includes placing a single portion on a plate or plates as it would be served. Entire place settings and decorations are optional, but do allow a pleasant presentation. The place setting is not judged. Only the single portion is judged when presented in this way.
5. Label the bottom of the food container with a piece of tape with your name and name of 4-H club so it can be returned if it should be left or separated.

Food containers may be taken home, but ribbons and names will be placed on display at the 4-H and Community Building. The Purdue Extension- Tipton County office, Tipton County 4-H Council, or Tipton County Fair Board are not responsible for any materials left in the preparation area after the competition. This includes dessert toppings. Judging will be done in the following order in Level A, B, C, and D.

Exhibit Class Guidelines:

Level A (grades 3-4 suggested)

A product using one or two dairy products.

Level B (grades 5-6 suggested)

A product using two or three dairy products.

Level C (grades 7-9 suggested)

A product using four or more dairy products.

Level D (grades 10-12 suggested)

Make 2 products using five dairy products.

Example: main dish and drink, main dish and dessert, dessert and drink.