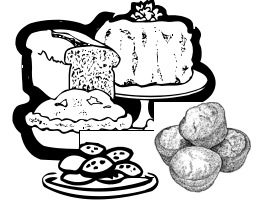


## Foods: FAMILY FAVORITES

STATE FAIR ENTRY: NO

EXHIBIT BY: All \* items must come to project judging.

Division	Grade	Project Book	Record Sheet
Book A	3 - 4	Family Favorite – 11-18	FF-11/18*
Book B	5 - 6	Family Favorite – 11-18	FF-11/18*
Book C	7 - 9	Family Favorite – 11-18	FF-11/18*
Book D	10 - 12	Family Favorite – 11-18	FF-11/18*



**JUDGING TIME:** Friday, **July 16** at 9:00 a.m. Check in your project on Friday, **July 16** between 7:30 a.m. and 8:45 a.m.

### PROJECT DESCRIPTION:

4-H member will learn basic food preparation and display techniques. Plus, they should work with an older family member to learn “family favorite” recipes. 4-H’ers will then be able to compare cooking techniques and food characteristics between “family favorite” recipes and “current” recipes.

### EXHIBIT:

#### General Instructions:

- All foods except pies must be exhibited on paper, sturdy cardboard or a foam paper plate and be covered. Pies must be exhibited in disposable aluminum foil pans and be covered. For cakes – cut a piece of cardboard about ½ inch larger than the bottom of the cake. Cover this cardboard with wax paper, plastic wrap or foil before putting the cake on it. Any product that may be sticky on the bottom, such as some fancy breads, should be put on round, square, rectangle cardboard. Cover this cardboard with wax paper, plastic wrap, or foil before putting the food product on it.
- Label will be available at project check-in.
- Whole products will be exhibited for judging. Only a slice of the exhibit or one cookie will remain for show. The rest of the product may be taken home after judging.
- Recipes are required and must be placed on cards no larger than 5½" x 8½" and must be covered with plastic.** Be sure to include the recipe source and all the information requested in the exhibit description, as well as your name, county and grade level / exhibit option **date product was made**. Recipe cards will not be returned. **Note: Any ingredient that could be a potential allergen must be clearly identified.**
- 5½" x 8½" recipe cards can be picked up at the Extension Office.
- 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.
- Project manual is to be exhibited.
- 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 on the recipe card. Plus, the recipe card must include the 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.

- Level A:** Six baked cookies: drop, molded or bar. No glaze or frosting.
- Level B:** A square, oblong, round layer or tube cake, without frosting. Do NOT use cake mix.
- Level C:** A yeast bread (can be loaf, braid, rolls) or a yeast sweet bread such as tea ring. Do NOT use bread machines.
- Level D:** A non-perishable **baked food product** of your choice.