

FOODS, PRESERVED

STATE FAIR ENTRY: Yes

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

Division	Grade	Project Book	Record Sheet
Book A	3 - 4	4-H-1032*	4-H-1032*
Book B	5 - 6	4-H-1033*	4-H-1033*
Book C	7 - 9	4-H-1034*	4-H-1034*
Book D	10 - 12	4-H-1035*	4-H-1035*

NOTE: Each year the 4-H'er is required to complete 3 new activities in the specified manual.



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 preservation techniques. Depending on division, 4-H'er will either exhibit a frozen or a canned item.

EXHIBIT:

General Instructions:

- County Fair - All frozen items must be taken home immediately after judging. A poster with placings will be exhibited. State Fair – Frozen food exhibits (containers and food) will not be returned to the exhibitor. Please display in freezer bags or disposable freezer containers.
- Label with name of product, quantity and date made / canned / frozen. One label is to be on the side of the container and one on the lid.
- Include a recipe card no larger than 5½" x 8½" with instructions. 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 and **date product was made**. Recipe cards will not be returned. **Note: Any ingredient that could be a potential allergen must be clearly identified. (Reliable Sources for Food Preservation are Ball Blue Book and <http://nchfp.uga.edu>) For frozen products the instructions should include: recipe for preparation and freezing, defrosting, cooking and/or using the product. For canned products, the instructions should include: how you prepared and processed the food product and how you will use it. Label with your name and grade, name of product, quantity, and date frozen / canned. The recipe cards are required and must be covered with plastic.**
- 5½" x 8½" cards can be picked up at the Extension Office.
- Project manual is to be exhibited.
- All canned products must have the ring on the jar top to protect the seal.
- 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.
- 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.

NOTE: For Food Safety reasons, the Judge will NOT be tasting the Food Preservation items.

Grade 3: A package of 3 baked, snack-sized (approximately 2" – 3" individual size) frozen cookies. Display in freezer bag or disposable freezer container. Include a recipe card with recipe and instructions for defrosting.

Grade 4: One package of frozen berries. Display in freezer bag or disposable freezer container. Include a recipe card with instructions for cooking or defrosting.

Grade 5: One 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 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 recipe card with instructions for cooking.

Grade 6: One package of any frozen vegetable or combination vegetables. Display in freezer bag or disposable freezer container. Include recipe card with instructions for defrosting and cooking.

Level C (grades 7, 8 or 9): Choose one preserved product from the following list. It is suggested to choose a different option each year.

- ✓ One container of freezer jam. Include a recipe card with recipe and instructions for storing.
- ✓ One 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 recipe card for cooking or using the product.
- ✓ One jar of canned pickles or canned pickle product. Include recipe card with recipe, processing, and storage instructions. Products using a fancy pack (artistically arranged) are not accepted.

Level D (grades 10, 11 or 12): Choose one preserved product from the following list. It is suggested to choose a different option each year.

- ✓ One jar of pressure canned vegetables, meat or combination product, such as soup, stew, spaghetti sauce with meat, etc. Include a recipe card with recipe and instructions for cooking or using the product. Products using a fancy pack (artistically arranged) are not accepted.
- ✓ One package of a combination food frozen entrée in freezer container. The combination food should contain 3 food groups from MyPlate. Display in disposable containers. Include a recipe card with recipe and instructions for reheating.
- ✓ A jar of cooked jam or a reduced-sugar fruit spread. Include a recipe card with recipe and storage instructions.