



FOODS, PRESERVED

(2023 State Project)

*Updated for 2023

Description:

The foods project teaches basic baking, preservation and nutrition education skills.

State Fair Entries:

- 2 Level A entries per county.
- 2 Level B entries per county.
- 3 Level C entries per county.
- 3 Level D entries per county.

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](#) web site for resources and Purdue Extension educators trained to answer food preservation questions.

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

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.

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 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.

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.

Preserved food products should be displayed in an appropriate container, preferably disposable. Containers will not be returned to the exhibitor.

Judges evaluating exhibits should recognize individual differences and creativity, therefore using information in this document as a guide rather than a requirement.

Frozen exhibits entered for state fair competition will not be displayed and instead will be donated to a central Indiana homeless shelter. Home-canned exhibits will be displayed but will be disposed at the state fair's conclusion

Exhibit Class Guidelines:

Level A (grades 3-4)

Choose one or more 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. Exhibits entered at state fair will be donated to local homeless shelters and not displayed.

- A package of 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 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 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.

Level B (grades 5-6)

Choose one or more 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 square, oblong or round layer cake. Exhibits entered at state fair will be donated to local homeless shelters and not displayed.

- 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 [index card with recipe](#) and instructions for cooking. Label with name of product, quantity, and date frozen.
- One 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 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 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.

Level C (grades 7-9)

Choose one or more 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. Exhibits entered at state fair will be donated to local homeless shelters and not displayed.

- 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 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 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.



Level D (grades 10-12)

Choose one or more 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. Exhibits entered at state fair will be donated to local homeless shelters and not displayed.

- One 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 package of a combination food frozen entree in freezer container. The combination food should contain 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 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 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.

Clay County Requirement:

You will need to have a filled-out project record sheet to turn in with your project at judging.

- [Foods Level A: Year 1 Record Sheet](#)
- [Foods Level A: Year 2 Record Sheet](#)
- [Foods Level B: Year 1 Record Sheet](#)
- [Foods Level B: Year 2 Record Sheet](#)
- [Foods Level C: Year 1 Record Sheet](#)
- [Foods Level C: Year 2 Record Sheet](#)
- [Foods Level C: Year 3 Record Sheet](#)
- [Foods Level D: Year 1 Record Sheet](#)
- [Foods Level D: Year 2 Record Sheet](#)
- [Foods Level D: Year 3 Record Sheet](#)

Manuals:

Find these project books for FREE at the Extension Office!

- [Fantastic Foods, Level A](#)
- [Fantastic Foods, Level B](#)
- [Fantastic Foods, Level C](#)
- [Fantastic Foods, Level D](#)

References:

<https://extension.purdue.edu/4-H/projects/4-h-project-foods.html>