

FOODS: CREATING WITH A MIX

LEVEL/GRADE:

Beginner – Grades 3, 4, 5

Intermediate – Grades 6, 7, 8

Advanced – Grades 9, 10, 11, 12

RULES:

1. Community Judging of all 4-H Creating With A Mix projects will be at Project Check-In.
2. The project is designed to use a mix as a base and using other non-essential ingredients to create a new product. All exhibits are to be baked items.
3. Recipe or Index Cards - A recipe card or index card (no larger than 5 1/2" x 8 1/2") is required for all food exhibits. Be sure to include the recipe source and all the information requested in the exhibit description, as well as your name, county, and the grade level/exhibit option. It is recommended that you wrap the card in plastic wrap or place it in a plastic bag. Recipe cards may not be returned.
4. The actual recipe from the mix chosen for the project must be turned in with the baked exhibit. Remove the box label that shows the original preparation of the food and attach it to an 8 1/2" x 11" sheet of paper. On the recipe card, underline the two or more ingredients added to create the product. The additional ingredients must be baked into the product. Note: Adding an additional egg when the recipe already calls for eggs is not considered an additional ingredient; nor is sprinkling powdered sugar on the top of your product. Please put your name and club name on the sheet and recipe card.
5. Filling, frosting, glazing, pie filling, and meringue whether uncooked or cooked, are not permitted to contain cream cheese, whipped cream, whipped topping, unpasteurized milk or eggs/egg whites (pasteurized eggs or eggs cooked to 160°F may be used.) Home-canned fruits, vegetables, or meats are not permitted in products. Recipes must be provided that show which ingredients were used in each part of the product. Contestants should carefully wash their hands and make sure that their hands do not have any open cuts while preparing foods. Contestants should not prepare ready-to-eat foods to be entered into competition if they are ill with vomiting, diarrhea, fever, sore throat or jaundice. Whenever possible, baked products should be transported and stored in chilled coolers (41F or below).
6. Wrap exhibitor's identification tag with plastic wrap for protection.
7. Place 4-H Food products on a sturdy, disposable board or container no more than 1" larger than exhibit. Only pies may be exhibited in non-disposable containers.

EXHIBIT:

BEGINNER (GRADES 3-5)

Using a "mix", create and exhibit your own 6 baked cookies or 6 baked brownies. Use at least two other ingredients in addition to those called for in "mix"; see Rule #4. Exhibit the "created" product recipe, box label and original recipe.

INTERMEDIATE (GRADES 6-8)

Using a "mix", create and exhibit your own cake or bread. Use at least two other ingredients in addition to those called for in "mix"; Rule #4. Exhibit the entire product, and the "created" product recipe, box label and original recipe.

ADVANCED (GRADES 9-12)

Using a "mix", create and exhibit your own product that does not need to be refrigerated. Use at least two other ingredients in addition to those called for in the "mix", see Rule #4. Exhibit the entire product, and the "created" product recipe, box label and original recipe.

NO STATE FAIR ENTRY