

FOODS – Baked and Food Preservation

From snacks to gourmet meals, 4-H Foods and Nutrition projects provide members with the knowledge and skills they need to select, purchase, prepare and preserve a healthy variety of foods. Discover why cake rises, what makes yeast grow, and other fun food experiments. Practice making smart food choices using My Plate.

Exhibit Introduction

Each year members are required to complete a minimum of three (3) different manual activities.

Superintendent:

State Fair Entries: One State Fair entry for each grade (total 10 entries)

RULES

1. Refer to the Parke County 4-H Policies and Entry & Exhibit Requirements.
2. 4-H members are required to complete the Record Sheet in their 4-H Foods Manual.
3. 4-H Record Sheet should NOT be exhibited with your completed project but must be presented to your local 4-H leader for completion.

Levels:

Level A Grades 3 – 4

Level B Grades 5 – 6

Level C Grades 7 – 9

Level D Grades 10 – 12

Exhibit Introduction

Purdue Extension Food Safety Policy (effective 11/2013):

For food competitions - Filling, frosting, glazing, pie filling, and meringue, (whether uncooked or cooked) are not permitted to contain cream cheese, sour cream, heavy cream, or whipped cream as the nature of these products increases the moisture content and water activity of the food. Foods with a higher moisture content and water activity can be ideal growing conditions for food borne pathogens, even if the ingredient is part of a batter and 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 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 before preparing foods. Contestants should not be preparing food exhibits for competition within 48 hours of recovering from any illness. Whenever possible, baked products should be transported and stored in chilled coolers (41°F).

Judges and individuals who will consume products from county and state competitions should be informed that they are at risk for foodborne illness since the established policy cannot guarantee that an entry which may be a "potentially hazardous food" has been properly prepared or handled before, during or following the competition. Tasting of a food product is solely at the discretion of the judge. Judges are NOT to taste any low-acid or acidified preserved food, like green beans or tomato products, and are discouraged from tasting any other home preserved food.

Consumers of competitive food exhibits being sold at auction or used for hospitality purposes should be notified they could be at risk for foodborne illness since the established policy cannot guarantee that an entry which may be potentially hazardous food has been properly prepared or handled before, during, or following the competition.

Instructions for preparing food exhibits for display at State Fair (these instructions may be adapted for use in your county):

Labeling Suggestions:

1. Cover label with clear plastic wrap so that it will not become grease stained.
2. Tape label to the paper plate or container before the product is wrapped.

Recipe or index cards:

1. 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 in a plastic bag. Recipe cards will not be returned.
2. 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.

Food preservation jars/containers:

1. All canned products must have the ring on the jar top to protect the seal.
2. Containers will NOT be returned from the Indiana State Fair.

How to prepare products for display.

1. Most food products should be displayed on a paper or foam plate.
2. For cakes - cut a piece of cardboard about 1/2 inch larger than the bottom of the cake. Cover this cardboard with wax paper, plastic wrap, or foil before putting the cake on it.
3. Any product that may be sticky on the bottom, such as some fancy breads, should be put on round, square, or rectangle cardboard. Cover this cardboard with wax paper, plastic wrap, or foil before putting the food product on it.
4. Frozen food exhibits (containers and food) will not be returned to the exhibitor. Please display in freezer bags or disposable freezer containers.
5. Pies should be exhibited in disposable pie tin. Reusable containers or pans will NOT be returned from the Indiana State Fair.

Level: Level A Grade 3

Exhibit

(Participants may exhibit one baked and/or one preserved item per grade)

- 6 snack-sized (approximately 2"-3" individual size) drop, molded or bar baked cookies. No glaze or frosting. Include recipe card and display on a dessert size paper or foam plate.
- A package of 6 baked, 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. Label with name of product, quantity, and date frozen.

Level: Level A Grade 4

Exhibit

(Participants may exhibit one baked and/or one preserved item per grade)

- 6 standard size muffins that contain an ingredient that is a source of Vitamin A or Vitamin C (no muffin liners). Include recipe card.
- 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.

Level: Level B Grade 5

Exhibit

(Participants may exhibit one baked and/or one preserved item per grade)

- A square, oblong or round layer reduced-fat cake without frosting. Reduce the amount of fat in the recipe by using a fruit puree or baby food fruit product that does not contain yogurt. Include recipe card.
- 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.

Level: Level B Grade 6

Exhibit

(Participants may exhibit one baked and/or one preserved item per grade)

- 6 no-yeast, any shape pretzels with a whole grain flour mixture (shaped, stick, or nugget) OR 6 no-yeast sweet or savory rolled biscuits with a whole grain flour (no drop biscuits.) Include recipe card.
- 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.

Level: Level C Grade 7, 8, 9

Exhibit

Exhibitors may choose one baked and/or one preserved product from the following list. It is suggested a participant choose a different option each year, but this is not a requirement.

BAKED PRODUCT OPTIONS:

- Six (6) yeast bread sticks or yeast rolls (any shape, medium size - not a sweet roll), using a whole grain flour mixture such as whole wheat, rye, oat bran, etc. Include recipe card. Participants are expected to learn how to knead bread dough by hand and allow it to rise appropriately. It is NOT acceptable to use a home bread maker.
- A yeast bread (can be loaf, braid, but not rolls) using a whole grain flour mixture such as whole wheat, rye, oat bran, etc. Include recipe card. Participants are expected to learn how to knead bread dough by hand and allow it to rise appropriately. It is NOT acceptable to use a home bread maker.
- One package of a non-perishable, invented healthy snack (such as a granola bar, popcorn snack, trail mix, etc.). Your snack must include at least 2 food groups from MyPlate. Exhibit must include your snack product and a separate folder containing a marketing plan with product name, recipe, how it will be packaged, a package design, where it will be sold and suggested selling price. Style your snack for a photo shoot and include the picture in your marketing plan. Label should include product name, date, quantity, and serving size.

PRESERVED PRODUCT OPTIONS

- 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. Note: Only food preservation products made using USDA approved or Ball Blue Book recipes 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. Note: Only food preservation products made using USDA approved or Ball Blue Book recipes are acceptable.

Level: Level D Grade 10, 11, 12

Exhibit

Exhibitors may choose one baked and/or one preserved product from the following list. It is suggested a participant choose a different option each year, but this is not a requirement.

BAKED PRODUCT OPTIONS:

- A single or double crust baked fruit pie (no graham cracker crust). Include recipe card. (Note: Custards, cream, cream cheese frosting and fillings, and raw egg white frosting are not acceptable in an exhibit because they are highly perishable when left at room temperatures.)

- A non-perishable baked food product for a catered meal or special event in which organizers have requested low fat and/or reduced sugar items. Exhibit will include your food product and a notebook outlining how this product is to be used at the event, menu, supplies to buy, preparation schedule, equipment, table layout, etc. A table display is optional and should be no larger than 16" deep x 22" wide x 28" high. Include index card with recipe.
- Select a condition in which people have to specifically modify their eating habits (diabetes, heart disease, Celiac disease, food allergies, etc.) Prepare a non-perishable baked food product appropriate for someone with this condition. Exhibit will include your food product and a notebook summarizing the condition or allergy, nutrition considerations involved with the condition, a description of your baked item, and an explanation of how it fits within the nutrition considerations. Make sure to note any ingredients that could cause an allergic reaction. Include index card with recipe.

PRESERVED PRODUCT OPTIONS:

- 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. Note: Only food preservation products made using USDA approved or Ball Blue Book recipes 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.