

## **Department 25 – Food and Nutrition**

### **Rules**

1. All exhibits shall be made from basic ingredients (not a package mix unless stated otherwise).
2. Place food exhibits on paper plates or trays and use as small a size as possible.
3. Place all food entries in plastic bags.
4. Entry label must be attached to plate.
5. For sanitation reasons, no food will be returned to exhibitor.
6. Cakes should be exhibited as a 3" corner, unfrosted unless otherwise stated.
7. **NOTE:** All posters shall be 14" x 22" or smaller.

### **Class A: Six Easy Bites -1st (Level 1)**

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101.	Muffin, plain, 3				
102.	Muffins, not plain, 3				
103.	Drop biscuits, 3				
104.	Choc. Chip cookies, 3				
105.	Peanut Butter cookies, 3				
106.	Oatmeal cookies, 3				
107.	White sugar cookies, 3				
108.	Cake, using mix, 3"				
109.	Cake, fat base				
110.	Brownies, unfrosted, 3"				
111.	Vegetable snack, 3 different				
112.	Fruit snack, 3 different.				
113.	Unbaked cookies, 3				
114.	Poster for teaching an idea (nutrition, food safety, buying, preparing)				

### **Class B: Tasty Tidbits -2nd (Level 2)**

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101.	Fruit muffins, 3				
102.	Baking powder biscuits, rolled/cut, 3				
103.	Choc. chip cookies 3				
104.	Peanut butter cookies, 3				
105.	Oatmeal cookies, 3				
106.	White sugar cookies, 3				
107.	Bar cookies, 3				
108.	Twisty pretzels, 3				
109.	Cake, white,3"				
110.	Snicker doodles, 3				
111.	Refrigerator cookies, 3				
112.	Molded cookies, 3				
113.	Chocolate cake,3"				
114.	Quick coffee cake, 3" corner				

- 115. Microwave food, may use mix
- 116. Poster for teaching an idea (nutrition, buying, preparation)
- 117. Unbaked bars or cookies, 3

**Class C: You're the Chef - 3rd (Level 3)**

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101. Pressed cookies, 3					
102. Sandwich cookies, 3					
103. Cut out sugar cookies, 3					
104. Bundt cake, 3" slice					
105. Chiffon cake, 1/4 cake					
106. Pound cake, 1/4 cake					
107. Breadsticks, yeast leavened, 3					
108. Banana bread, 1/2 loaf					
109. White yeast bread, 1/4 loaf					
110. Whole grain bread, 1/4 loaf					
111. Yeast dinner rolls, 3					
112. Sweet rolls, unfrosted, 3					
113. Microwave food, may use mix					
114. Poster for teaching an idea (nutrition, food safety, buying, preparation)					
115. Unbaked bars or cookies, 3					

**Class D: Foodworks - 4th (Level 4)**

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
<b>Unit: Cakes and Cookies</b>					
101. Pinwheel cookies, 3					
102. Pressed cookies, 3					
103. Drop cookies, 3					
104. Refrigerator cookies, 3					
105. Cut-out cookies, 3					
106. Sandwich cookies, 3					
107. Filled cookies, 3					
108. Bar cookies, 3					
109. Gingerbread cookies, 3					
110. Decorated holiday cookies, 3					
111. Nationality cookies, 3					
112. Brownies					
113. Fruit bars					
114. Pumpkin bars					
115. Chocolate cake, 1/4 cake					
116. Sponge cake, 1/4 cake					
117. Angel food cake, 1/4 cake					
118. Bundt cake, 1/4 cake					
119. Pound cake, 1/4 cake					
120. Coffee cake, quick, 1/4 cake					

- 121. Coffee cake, yeast, ¼ cake
- 122. Spice cake, ¼ cake
- 123. Carrot cake, ¼ cake
- 124. Fruit pie, plain crust, small tin
- 125. Pie shell, small tin
- 126. Doughnuts, cake, 3
- 127. Doughnuts, raised, 3
- 128. Unbaked bars or cookies, 3

**Unit: Yeast Breads and Rolls**

- 129. Bread, white, ¼ loaf, end
- 130. Bread, whole grain, ¼ loaf, end
- 131. Bread, any other yeast, ¼ loaf, end
- 132. Bread, raisin, ¼ loaf, end
- 133. Dinner rolls, 3
- 134. Sweet rolls, 3, unfrosted
- 135. French bread, 6" end
- 136. Kringle, ¼ loaf, end
- 137. White bread from machine, ½ loaf
- 138. Wheat bread from machine, ½ loaf

**Unit: Quick Breads**

- 139. Nut bread, ½ loaf
- 140. Fruit bread, ½ loaf
- 141. Baking powder biscuits, 3
- 142. Muffins, with fruit, 3
- 143. Muffins, plain, 3

**Class E: Candy**

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101. Fudge, 3 pieces					
102. Peanut brittle, 3 pieces					
103. Caramels, 3 pieces					
104. Divinity, 3 pieces					
105. Microwave candy, 3 pieces					
106. Any other candy, 3 pieces					

**Class F: Microwave Foods**

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101. Cake, any flavor (not a mix), ½ unfrosted					
102. Cupcakes, 3					
103. Plain muffins, 3					
104. Candy, 3 pieces					
105. Poster on microwave safety (11"x14")					
106. Recipe redone for microwave (include both original & revised recipe)					
107. Microwave snack					

108. Microwave food from scratch

**Class G: Other**

**Lot No.**

	<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
All lots	2.00	1.75	1.50	1.25

101. Open-face sandwich

102. Salads

103. Poster for teaching an idea

104. Recipe box w/ recipes tried by exhibitor

105. Poster comparing (nutrition, buying, preparation, meals at 3 places to eat out at).

106. Party plan

107. Study on careers

**Class H: Decorated Cakes**

Cakes should be displayed on cake board or heavy cardboard.

**Lot No.**

	<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
All lots	2.00	1.75	1.50	1.25

101. Special Occasion

102. Novelty, adult

103. Novelty, child

104. Holiday

105. Wedding

106. Decorated cupcakes, 3

**Food Preservation**

This fair will accept only exhibits that follow directions below:

1. All canned goods must be labeled and follow UWEX recommended procedures. Please fill out a label (available at the Rusk County Extension office) and attach to the jar. No jars will be judged without a complete label.
2. All canned food must follow current UWEX recommended procedures. Be sure to obtain UWEX food preservation list of brochures.
3. LOW ACID FOODS need to be processed by pressure canner. All vegetables need to be pressure canned. Because of new low acid varieties, follow recommended use of adding lemon juice to product before processing.
4. HIGH ACID FOODS need to be processed by hot water bath process. Example - all fruits and pickles.
5. Standard canning jars (one which has the name of the manufacturer bonded into the glass) must be used. Other food jars are not tempered to resist the heat of the canning process.
6. Remove all screw bands on canned goods.
7. Pint jars are preferable.
8. Entries must have been prepared later than the opening date of last year's fair.
9. Any jar improperly sealed or showing signs of spoilage will be removed from the exhibit.
10. Jars may be opened for judging.

**Class I: Food Preservation I**

Open to anyone grades 4-8 enrolled in the Food Preservation Project or equivalent.

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101.	Applesauce				
102.	Apples, sliced, quartered, halved				
103.	Cherries, pitted				
104.	Peaches				
105.	Raspberries, black				
106.	Raspberries, red				
107.	Rhubarb				
108.	Tomato juice				
109.	Tomatoes, whole or quartered				
110.	Any other berries or fruit				
111.	Jam				
112.	Jelly				
113.	Beets				
114.	Carrots				
115.	Green beans				
116.	Pickles				
117.	Relish				
118.	Other vegetable				
119.	Poster on food preservation safety				

**Class J: Food Preservation II**

Open to anyone grades 9 and over enrolled in the Food Preservation Project or equivalent.

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
<b>Unit: Fruit, Vegetables, Meat, Fish</b>					
101.	Applesauce				
102.	Apples, sliced, quartered, halved				
103.	Peaches				
104.	Raspberries				
105.	Rhubarb				
106.	Tomato juice				
107.	Tomatoes, whole or quartered				
108.	Any other fruit juice				
109.	Any other fruit				
110.	Beets				
111.	Carrots				
112.	Greens				
113.	Green beans, cut				
114.	Mixed vegetables				
115.	Potatoes				
116.	Sauerkraut				

- 117. Sweet corn, off cob
- 118. Any other vegetable
- 119. Any vegetable juice
- 120. Chicken
- 121. Fish
- 122. Venison
- 123. Any other meat

**Unit: Jam & Jelly**

- 124. Blackberry jam
- 125. Raspberry jam
- 126. Strawberry jam
- 127. Apple jelly
- 128. Grape jelly
- 129. Plum jelly
- 130. Raspberry jelly
- 131. Strawberry jelly
- 132. Apple or plum butter
- 133. Marmalade
- 134. Any other jam
- 135. Any other jelly

**Unit: Pickles & Relishes**

- 136. Bread & butter (sliced)
- 137. Sweet pickles
- 138. Dill pickles (whole)
- 139. Any other pickled vegetable
- 140. Catsup
- 141. Salsa
- 142. Pickle relish
- 143. Corn relish
- 144. Chow chow relish

**Class K: Dehydration - All Grades**

All exhibits must be labeled in a small, tightly closed, clear plastic food storage bag. Please include the following information on your label: Product, Date dried, Method of drying (oven, commercial dehydrator, homemade dehydrator), Drying time, and Fresh weight or volume.

**Lot No.**

	<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>	
	All lots	2.00	1.75	1.50	1.25
101. Apple, plain, 7, slices					
102. Banana, 7 slices					
103. Berries, ¼ cup					
104. Pears, 7 slices					
105. Peaches, 7 slices					
106. Pineapple, 7 slices					
107. Strawberries, 7 slices					
108. Fruit leather, 5-inch sq					

- 109. Any other fruit
- 110. Beans, ¼ cup
- 111. Beets, cubed, ¼ cup
- 112. Carrots, sliced, ¼ cup
- 113. Celery, sliced, 1/4 cup
- 114. Corn, 1/4 cup
- 115. Onion, chopped, 1/4 cup
- 116. Peas, 1/4 cup
- 117. Any other veggie, ¼ cup
- 118. Parsley, ¼ cup
- 119. Any herb, ¼ cup
- 120. Trail mix, 3 different
- 121. Meat jerky
- 122. Dry soup mix, ¼ cup

**Class L: Frozen Foods I**

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101.	Poster on vegetables and fruits suitable for freezing				
102.	Poster on advantages and disadvantages of freezing foods				
103.	Poster/display of containers used for freezing, give an explanation of each and <b>include advantages and disadvantages of each</b>				

**Class M: Frozen Foods II**

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101.	Poster any topic frozen foods (length of storage time, types of freezers with comparisons, records of frozen foods, etc)				

**Food Revue**

1. In order to receive premiums, the following must be exhibited at the fair displayed on poster board 11" X 14"
  - a. Photo of food prepared and place setting (drawing acceptable if no photo is available)
  - b. Copy of the recipe
  - c. Copy of the menu(s) if required
  - d. Ribbon received
2. A member may enter in only 2 lot numbers

**Class N: Food Revue I**

1. Open to youth enrolled in the Exploring Project or equivalent
2. Exhibit must have:
  - a. One food item prepared and displayed by member
  - b. Recipe for the food item on a 3" X 5" card
  - c. Table setting and centerpiece appropriate for the food

<u>Lot No.</u>		<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
	All lots	2.00	1.75	1.50	1.25
101.	Any basic food item				

**Class O: Food Revue II**

1. Open to youth grades 4-7 enrolled in Foods & Nutrition Project or equivalent.
2. Project exhibit must have:
  - a. One food item prepared and displayed by member
  - b. Recipe for the food item
  - c. Menu for the entire meal
  - d. Table setting, cover, and centerpiece appropriate for the menu

**Lot No.**

	<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
All lots	2.00	1.75	1.50	1.25

101. After school pick me up
102. Nutritious snack
103. International flavor
104. Break-the-fast
105. Super sandwiches
106. Have food, will travel
107. Party hearty
108. Satisfying salad
109. Nutritious beverage
110. Any other not listed

**Class P: Food Revue III**

1. Open to youth in grades 8 and above enrolled in Foods and Nutrition Project or equivalent.
2. Project exhibit must have:
  - a. One food item prepared and displayed by member
  - b. Recipe for the food item
  - c. Table setting, cover and centerpiece appropriate for the menu
  - d. Menu for the entire day.

**Lot No.**

	<u>Blue</u>	<u>Red</u>	<u>White</u>	<u>Pink</u>
All lots	2.00	1.75	1.50	1.25

101. Home for the Holidays
102. International flavor
103. Break-the-fast w/brunch
104. Super sandwiches
105. On the light side
106. Wisconsin's dairy best
107. Have food, will travel
108. Satisfying salad
109. Soup-er meal
110. Casserole time
111. Vegetarian
112. Any other not listed