FOOD AND NUTRITION
Superintendents: Barbara DeBellis (503) 749-1799 and Sue Nichol (503) 304-7003
Judged Tuesday, 12 - 6 pm

Note: See Contests section for information on Food Preparation Contest and Mini-Meal Contest. Members are encouraged to enter educational displays under Communications division; science inquiries under Science division, and career exploration or community service project endeavors under Citizenship and Leadership division.

Each member may enter up to three classes within the Level they are in, one exhibit per class. All foods entered must be made by the exhibitor.

Exhibit ingredients:
- Exhibits must be suitable for keeping at the fair without excessive spoilage or change of appearance.
- Highly perishable foods are not acceptable. Highly perishable foods include, but are not limited to cream cheese, custard fillings, and meats of any type.
- Ingredients that the 4-H member cannot legally purchase, such as beer, whiskey, rum, etc. may not be used in any recipe or foods exhibit. Exhibits that include alcohol in the recipe will be disqualified. This includes menu and recipe file exhibits.
- Commercial mixes cannot be exhibited except as an ingredient in a product.

Preparation of exhibit:
- Exhibits must be displayed on a disposable plate and in a self-sealing bag.
- Exhibits must include the recipe and a menu for one meal including the food item. Recipes for food products should include all information given on the Exhibit Recipe Card (511-00) format. The recipes will not be returned to the exhibitor.
- When alternative ingredients are used, these are to be underlined on the recipe.
- All posters must include an Educational Display Exhibit Explanation Card (000-01).
- Forms are available in county Extension offices and on the state 4-H website: http://oregon.4h.oregonstate.edu/contest-materials-family-and-consumer-science

Judging criteria are outlined on the appropriate evaluation form: Cookie Evaluation Form (511-01), Cereal Marshmallow Bars Evaluation Form (511-02), Recipe Collection Exhibit Evaluation Form (511-03), Muffin Evaluation Form (511-04), Quick Bread Evaluation Form (511-05), Coffee Cake Evaluation Form (511-06), Sponge Cake Evaluation Form (511-07), Shortened Cakes Evaluation Form (511-08), Yeast Breads and Dinner Rolls Evaluation Form (511-09), Focaccia Bread Evaluation Form (511-10), Pie Shell Evaluation Form (511-12), Special Pastries Evaluation Form (511-13), Food Gift Package Evaluation Form (511-14), Food and Nutrition Poster Evaluation Form (511-15), and Career/Interview Evaluation Form (511-16) all available from the county Extension office or at the State 4-H website: http://oregon.4h.oregonstate.edu/contest-materials-family-and-consumer-science

Basic Skills Level 1 – Cooking 101 and Baking 1

511 110 000: Recipe of the Year Class: Apple Spiced Baked Oatmeal - must use recipe from OSU Food Hero website: https://foodhero.org/recipes/apple-spice-baked-oatmeal Exhibit two bars.

511 110 010: Cookies. Exhibit two cookies. No frosting, icing, or glaze.

511 110 020: Cereal Marshmallow Bars (must use recipe from Cooking 101, pg. 34) Exhibit two bars. No frosting, icing or glaze.

511 110 030: Muffin. Muffin method of mixing generally means that the fat is in a liquid form (like oil) and all liquids are added to the dry ingredients with a minimum amount of stirring. Exhibit two muffins. No frosting, icing, or glaze.

511 110 040: Biscuit. Biscuit method of mixing generally means that the fat is semi-solid (like butter/shortening) and cut into the dry ingredients before liquid is added. The dough may be beaten or kneaded for a few strokes. Exhibit two biscuits. No frosting, icing, or glaze.

511 110 160: Muffin. Baked Food Product reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit two muffins. No frosting, icing, or glaze.

511 111 110: Poster showing and explaining something you have made, done, or learned in your Foods & Nutrition project. Poster must not exceed 24” x 30”.

511 111 120: Favorite Recipe Collection with five recipes of foods that you have prepared. Write current year in upper right hand corner of each recipe. Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging. Recipe collection can be in a file box or in recipe book form. Pen, pencil, typed, or printed is acceptable as long as required.
Basic Skills Level 2 – Cooking 201 and Baking 2

511 120 000: Recipe of the Year Class: Buttermilk Scones - must use recipe from OSU Food Hero website: https://foodhero.org/recipes/buttermilk-scones-0 Exhibit two individual items.

511 120 010: Cookies. Exhibit two cookies. No frosting, icing, or glaze.

511 120 020: Basic Nut Bread (must use recipe in Cooking 201 book, pg. 48 - no variations). Exhibit ¼ of a loaf. No frosting, icing, or glaze.

511 120 030: Non-Yeast Coffee Cake. Coffee cake is to be made with a muffin method of mixing. Muffin method of mixing generally means that the fats in a liquid form (like oil) and all liquids are added to the dry ingredients with a minimum amount of stirring. Exhibit ¼ of the cake. No frosting, icing, or glaze.

511 120 040: Scone. Scone is to be made with a biscuit method of mixing. Biscuit method of mixing generally means that the fat is semi-solid (like butter/shortening) and cut into the dry ingredients before liquid is added. The dough may be beaten or kneaded for a few strokes. Exhibit two scones. No frosting, icing, or glaze.

511 120 160: Quick Bread. Baked Food Product reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit ¼ of a large item.

511 222 110: Poster showing and explaining something you have made, done, or learned in your Foods & Nutrition project. Poster must not exceed 24” x 30”.

511 222 120: Favorite Recipe Collection with five recipes of foods you have prepared, using ingredients grown in the Pacific Northwest. Write current year in upper right hand corner of each recipe. Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging. Pen, pencil, typed, or printed is acceptable as long as required elements are on the recipe. Recipe collection can be in a file box or in recipe book form. Follow specific guidelines on check sheet. Adding decorative items to recipes is optional and is not a part of the judging process.

Expanding Skills Level 3 – Cooking 301 and Baking 3

511 130 000: Recipe of the Year Class: Dakota Bread (must use recipe from Baking 3, pg. 22). Exhibit ¼ of the item.

511 130 010: Shortened Cakes (cakes with fat). No commercial mixes; No fillings or toppings (i.e., frosting, icing, glaze, powdered sugar, fruit or nuts). Exhibit two individual items or ¼ of a large item.

511 130 020: Basic Dinner Rolls (must use recipe from Cooking 301, pg. 40) Maybe shaped into cloverleaf, crescent, knot, bun, bread stick or any other type of roll. Exhibit two rolls.

511 130 030: Yeast Bread product, plain dough using all white flour. Exhibit ¼ of a loaf.

511 130 040: Yeast Bread product, plain dough using all whole wheat flour. Exhibit ¼ of a loaf.

511 130 050: Yeast Bread product, plain dough using an alternative grain. Exhibit ¼ of a loaf.

511 130 060: Yeast Bread product, plain dough using a combination of flours. Exhibit ¼ of a loaf.

511 130 070: Yeast Bread product (using any type of flour) with added non-perishable ingredients (ie. herbs, nuts, dried fruit, etc.) Exhibit ¼ of a loaf.

511 130 080: Family Food Traditions. Any baked item associated with family tradition and heritage. Entry must include a) recipe, b) tradition or heritage associated with preparing, serving the food, and c) where or who the traditional recipe came from. Exhibit at least ¼ of baked product or two muffins, cookies, pita, tortillas, etc.

511 130 160: Yeast Bread. Baked Food Product reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit two individual items or ¼ of a large item.

511 333 110: Poster showing and explaining something you have made, done or learned in your & Nutrition project. Poster must not exceed 24” x 30”.

511 333 120: Favorite Recipe Collection with ten recipes of foods you have prepared, using a variety of grain products. (Examples: granola, rice pudding, bulgur salad, pizza.) Write current year in upper right hand corner of each recipe. Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging. Pen, pencil, typed, or printed is acceptable as long as required elements are on the recipe. Recipe collection can be in a file box or in recipe book form. Follow specific guidelines on check sheet. Adding decorative items to recipes is optional and is not a part of the judging process.

511 333 130: Photo series or pictorial story depicting hunted or harvested foods of the Pacific Northwest from harvest to table. Series may include up to twenty color photos, pictures or drawings of one theme on one story board not to exceed 24” x 30”. Please note if some of the photos were taken by someone else. Exhibits will be judged on the exhibitor’s ability to creatively depict a story and not on their photography or drawing ability.
Advanced Skill Level 4 – Cooking 401 and Baking 4

511 140 000: Recipe of the Year Class: Single Pie Crust (must use recipe from Baking 4, pg. 21). Exhibit ¼ of the item.

511 140 010: Foam Cakes (Angel Food, Sponge, Chiffon). No commercial mixes; no fillings or toppings (i.e., frosting, icing, glaze, powdered sugar, fruit or nuts). Exhibit two individual items or ¼ of a large item.

511 140 020: Focaccia Bread (must use recipe from Cooking 401, pg. 22) Exhibit ¼ of item.

511 140 030: Yeast Bread product, plain dough using all white flour. Exhibit ¼ of a loaf.

511 140 040: Yeast Bread product, plain dough using all whole wheat flour. Exhibit ¼ of a loaf.

511 140 050: Yeast Bread product, plain dough using an alternative grain. Exhibit ¼ of a loaf.

511 140 060: Yeast Bread product, plain dough using a combination of flours. Exhibit ¼ of a loaf.

511 140 070: Yeast Bread product (using any type of flour) with added non-perishable ingredients (i.e. herbs, nuts, dried fruit, etc.) Exhibit ¼ of a loaf.

511 140 080: Yeast Bread product using special shaping. Exhibit two individual items or ¼ of a large item.

511 140 090: Speciality Pastry. Baked items such as pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, danish, strudels. Phyllo dough must be made from scratch. Pastries made with cream or egg based fillings will be disqualified. Exhibit two individual items.

511 140 140: A Gift Package with homemade foods featuring up to five Pacific Northwest products. At least two foods must be made by the exhibitor and feature Pacific Northwest products. Gift package can be in a box or basket not to exceed 18” x 24”. Exhibit must include a breakdown of costs incurred in preparing the gift package, including items on hand or recycled. Baked items should be at least two of a small or one-quarter of a large food. Include recipes on 5” x 8” card or paper. Include to whom the gift is intended and for what occasion. Criteria for judging will include creativity, cost (value), food safety, and nutrition.

511 140 160: Baked Food Product (from any exhibits in Level 4) reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit two individual items or ¼ of a large item.

511 444 010: Poster showing and explaining something that you have made, done, or learned in your Foods and Nutrition project. Poster must not exceed 24” x 30”.

511 444 020: Favorite Recipe Collection with fifteen recipes of foods you have prepared. Ten recipes should be vegetable and fruit recipes. Five recipes should be one-pot meals using or demonstrating knowledge of various kitchen appliances (examples: microwave, wok, electric skillet). Write current year in upper right hand corner of each recipe. Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging. Recipe collection can be in a file box or in recipe book form. Pen, pencil, typed, or printed is acceptable as long as required elements are on the recipe. Follow specific guidelines on check sheet. Adding decorative items to recipes is optional and is not a part of the judging process.

511 444 030: Cooking Up a Career. Find someone you know who works in a catering business, local restaurant, health care food service, food scientist, works as a Registered Dietitian, or any other food or nutrition related industry. What do they do? How much education do they need? Why did they choose this profession? What is the most enjoyable thing about their chosen profession? Maximum of two pages, one side write up of an interview. Consider creativity and neatness. Mount on a 9” X 12” colored paper or poster board, or display in clear plastic binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9 X 12 inches.

FOOD PRESERVATION
Members may enter three classes in their age division.
Members must use current OSU approved or USDA preparation and processing recommendations for preserved foods. Current OSU approved publications can be found at:
http://extension.oregonstate.edu/fch/food-preservation

Current USDA recommendations can be located on the internet at http://nchfp.uga.edu/publications/publications_home.html or http://nchfp.uga.edu/ The Ball Blue Book copyright 2009 or newer, So Easy to Preserve Book, pectin package inserts, or pectin product websites are also approved sources.

All products, including all preserved products in gifts packs, must have a 4-H Food Preservation Explanation Card with complete information and instructions/recipe. Explanation Card is available at the county Extension office or on the State 4-H website. In addition, all containers must have label or tape with member name, county, class number. Label should be placed on the bottom of the container or location not to interfere with allowing the judge to see contents.

Include jar rings on all canned products. Jars may be opened during the judging process. For this reason we suggest you use smaller jars for your fair exhibits. Ex. Four oz. jars for jams and jellies, half pints & pint jars for other products. Larger jars will be accepted. Make sure to follow the approved processing times listed for your product. Any
opened jars may be emptied before returning after Fair. Dried foods should be exhibited in jars or sturdy plastic bags, with labels securely attached.

Judging criteria are outlined on the 4-H Canned Fruit and Vegetable Check Sheet (512-04), 4-H Canned Meat and Fish Check Sheet (512-05), 4-H Dried Foods Check Sheet, 4-H Jam Check Sheet (512-01, 4-H Jelly Check Sheet (512-02) and 4-H Pickles and Relishes Check Sheet (512-03), and a new 4-H Gift Pack Check Sheet (512-08) available at the county Extension office or on the State 4-H website: http://oregon.4h.oregonstate.edu/contest-materials-family-and-consumer-science

Note: Fill in blank in class number (___) with corresponding numbers for:

1 Junior
2 Intermediate
3 Senior

Junior Division

Members in this division can choose to exhibit any of the products listed below by placing a “1” in the last digit of the class number. May enter three classes, only one exhibit per class number. Starred (*) items are suggested as beginning exhibits for first year juniors.

512 111 01_ *Canned fruit or berries. One jar of fruit or berries processed in a boiling water canner.
512 111 02_ *Canned tomatoes. One jar of tomatoes processed in a boiling water canner.
512 111 03_ Canned tomato sauce, juice, or ketchup. One jar of canned tomato sauce (plain or flavored), tomato juice or tomato vegetable juice blend, or ketchup processed in a boiling water canner.
512 111 04_ Canned tomato based salsa. One jar of canned tomato based salsa. Jars must be sealed by processing in a boiling water canner.
512 111 05_ Canned fruit based salsa. One jar of canned fruit based salsa. Jars must be sealed by processing in a boiling water canner.
512 111 06_ Relish. One jar of cucumber relish. Jars must be sealed by processing in a boiling water canner.
512 111 07_ Relish. One jar of relish, other than cucumber. Jars must be sealed by processing in a boiling water canner. Examples include zucchini relish, corn relish and chutneys, other chopped fruit and vegetable based products that include acidification.
512 111 08_ Canned pie filling. One jar of canned pie filling thickened with Clear-Jel®.
512 111 09_ Fruit Sauce- One jar of canned fruit sauce without a thickener. Examples include apple sauce.
512 111 10_ *Cooked jam. One jar of cooked jam using commercial pectin. Jars must be sealed by processing in a boiling water canner.
512 111 11_ *Cooked jelly. One jar of cooked jelly using commercially available juice and pectin. Jars must be sealed by processing in a boiling water canner.
512 111 12_ Quick cucumber pickles. One jar of cucumber quick pickles. Jars must be sealed by pasteurization or processing in a boiling water canner.
512 111 13_ Quick pickles other than cucumbers. One jar of canned fruit or vegetable quick pickles. Examples include crab apple, watermelon, dilled green beans, etc. Jars must be sealed by processing in a boiling water canner.
512 111 14_ *Fruit leather. Four rolled pieces (about one inch wide) of one flavor of fruit leather.
512 111 15_ *Dried fruit. About one-half cup of dried pieces of fruit (not leather).
512 111 16_ *Dried vegetable. About one-quarter cup of dried pieces of vegetable.
512 111 17_ *Dried herbs. About ¼ - ½ cup of dried herbs.
512 111 18_ *Dried herb seasoning combination. About 1 tablespoon of dried herb seasoning combination.
512 111 301_ *Gift pack. One gift package including **two** different products from Junior Division of preservation methods. Each preserved product must have a 4-H Food Preservation Explanation card. The gift pack may also include products made or purchased by exhibitor to complete the theme. Indicate for whom the gift is intended and for what occasion. (Example: A housewarming gift for new neighbors.)

Intermediate and Senior Division

Members in these divisions can choose to exhibit any of the products listed under the Junior division, except Gift pack, by placing a “2” in the last digit of the class number for Intermediates or a “3” in the last digit of the class number for Seniors. They can also choose from any of the following exhibits as long as they enter only three exhibits total, one exhibit per class number.

512 111 21_ Cooked jelly. One jar of cooked jelly using juice the member has extracted and commercial pectin. Jars must be sealed by processing in a boiling water canner.
512 111 22_ Cooked jelly or jam. One jar of cooked jelly or jam made without added commercial pectin. Jelly must use juice extracted by the member. Jars must be sealed by processing in a boiling water canner.
512 111 23_ Syrup or juice. One jar of juice or syrup made from the juice that the member has extracted. Jars must be sealed by processing in a boiling water canner.
512 111 24_ Fermented pickles or sauerkraut. One jar of fermented (brined) pickles or sauerkraut. Jars must...
be sealed by processing in a boiling water canner.

512 111 25_ **Canned vegetables or tomatoes.** One jar of canned vegetables or tomatoes processed in a pressure canner.

512 111 26_ **Canned meat or poultry.** One jar of canned meat or poultry processed in a pressure canner.

512 111 27_ **Canned fish.** One jar of canned fish processed in a pressure canner. Fish products should be exhibited in pint or half pint jars.

512 111 28_ **Canned combination dish.** One jar of canned combination dish processed in a pressure canner. Examples include chili, soup, baked beans, etc.

512 111 29_ **Dried meat or poultry jerky.** Four 1 inch by 3 inch pieces of one type of jerky. Meat jerky (beef, venison or poultry) should follow the recommendations for preparation in Making Jerky at Home Safely, PNW 632, May 2012.

512 111 302 **Intermediate Gift pack.** One gift package including three different preserved products. Use two or more preservation methods. Methods from the junior and intermediate/senior divisions may be used. Each preserved product must have a 4-H Food Preservation Explanation Card. The gift pack may also include products made or purchased by exhibitor to complete the theme. Indicate for whom the gift is intended and for what occasion. (Example: a housewarming gift for new neighbors.)

512 111 303 **Senior Gift pack.** One gift package including three or more different preserved products. Use two or more preservation methods. Methods from the junior and intermediate/senior divisions may be used. Each preserved product must have a 4-H Food Preservation Explanation Card. The gift pack may also include products made or purchased by exhibitor to complete the theme. Indicate for whom the gift is intended and for what occasion. (Example: a housewarming gift for new neighbors.)