

2019

Sections include:

- Clothing and Textiles
- Home Environment
- Crocheting
- Knitting
- Food and Nutrition
- Food Preservation
- Table Setting Contest

4-H Family and Consumer Science members may also want to look at the 4-H information in the following sections:

Section 1: Rules

Section 2: Record Books and Communications

These are found on the website at:

<http://extension.oregonstate.edu/jefferson/4-h-fair>

Clothing and Textiles

Members may enter **three** construction classes and one exhibit in the creativity, skills notebook, costumes, and/or hands-for-larger service classes. Senior and Intermediate members may also enter one exhibit in the Celebrate our World class. All exhibits must be in the same level. Members may not enter the same garment or accessory in an exhibit class and in the fashion revue. All items should be clean and in good repair.

Judging criteria are outlined in 4-H Sewing/Clothing Construction Evaluation Sheet (320-01), the 4-H Sewing/Clothing Creative Expression Evaluation Sheet (320-02), or the Skills Notebook Evaluation Sheet (320-96) which can be found on the Oregon 4-H State website or through the county 4-H office.

Judging standards are listed in Measuring Up: Quality Standards for Sewn Items/Projects (PNW-197). **Each entry will be evaluated on ALL features.** For skill levels 1-6 the use of fabrics or skills that are beyond the recommendations for this level are expected to be done well according to the standards, but will neither be given extra credit consideration for increased difficulty nor disqualified during judging. It is in the best interest of the member to stay within the suggested guidelines. See 4-H Clothing Guidelines for Leaders: Basic, Expanding and Advanced Skills (4-H 320-00L).

The 4-H Sewing/Clothing Exhibit Card (320-04) requests information about the exhibit which is needed by the judge to thoroughly evaluate the exhibit. This card must be **securely** attached to each entry except Skills Notebook exhibits. Securely attach the standard 4-H Exhibit tag to exhibits in this class.

The Celebrate our World Explanation Card (998-03) is required for all exhibits in the Celebrate our World class.

Hangers and/or garment bags are removed from exhibits prior to judging and might not be returned.

In addition to the 4-H Sewing/Clothing Exhibit Card, each garment or article in the construction classes must be labeled with the member's name, county, and project level. This label should be typed or printed in indelible pencil or ink on a piece of white fabric and sewn or fused onto the bottom inside of each piece.

Note: Fill in blank in class number (___) with corresponding number for Junior, Intermediate, or Senior age-level. The Advanced skill level is for Intermediate and Seniors only.

- 1 Junior
- 2 Intermediate
- 3 Senior

BASIC SKILLS LEVEL 1

Fabrics used for this level should be stable medium weight, firmly woven with minimal stretch (4 inches of fabric stretches to 4 ¾ inches or less)

- 320 101 11_ Garment or item showing cutting skills with or without minimal stitching; made from fleece or other fabrics suitable for this level.
- 320 101 12_ Garment with casing but no crotch seam made from stable, medium weight, firmly woven fabric (cotton, cotton/polyester blend, wool, wool blend).
- 320 101 13_ Garment with casing and crotch seam made from stable, medium weight, firmly woven fabric (cotton, cotton/polyester blend, wool, wool blend).
- 320 101 14_ Garment with skills other than casing made from stable, medium weight, firmly woven fabric (cotton, cotton/polyester blend, wool, wool blend).
- 320 101 15_ Garment from polar fleece or comparable fabric with minimal stretch (4 inches of fabric stretches to 4¾ inches or less)
- 320 101 16_ Non-garment item sewn by hand from felt, firmly woven fabrics (cotton, cotton/polyester blend, wool, wool blend) or polar fleece (minimal stretch - 4 inches of fabric stretches only to 4¾ inches or less)
- 320 101 17_ Personal accessory from firmly woven fabrics (cotton, cotton/polyester blend, wool, wool blend) or polar fleece (minimal stretch - 4 inches of fabric stretches only to 4¾ inches or less)
- 320 101 18_ Item for the home from firmly woven fabrics (cotton, cotton/polyester blend, wool, wool blend) or polar fleece (minimal stretch - 4 inches of fabric stretches only to 4¾ inches or less)

JEFFERSON COUNTY 4-H FAMILY AND CONSUMER SCIENCE

- 320 101 19_ Toy or Non-garment item for use in sports, picnics, camping, or with animals from firmly woven fabrics (cotton, cotton/polyester blend, wool, wool blend) or polar fleece (minimal stretch - 4 inches of fabric stretches only to 4¾ inches or less)
- 320 301 10_ Creativity - Item or garment which has been enhanced through creative embellishment, fabric manipulation, or fabric creation; recycled items are included and may retain some seams/design of the original item as appropriate. Exhibit must have been made by exhibitor and use fabrics and skills appropriate to skill level 1.

BASIC SKILLS LEVEL 2

Fabrics used in this level are stable medium weight fabrics and may have minimal stretch (4 inches of fabric stretches to 4¾ inches or less).

- 320 101 21_ Garment with casing made from stable medium weight firmly woven fabric. (cotton, cotton/polyester blend, wool, wool blend).
- 320 101 22_ Garment with skills other than casing made from stable medium weight firmly woven fabric. (cotton, cotton/polyester blend, wool, wool blend)
- 320 101 23_ Garment from non-bulky knit fabric. (minimal stretch - 4 inches of fabric stretches only to 4¾ inches or less)
- 320 101 24_ Garment from polar fleece or comparable fabric. (minimal stretch - 4 inches of fabric stretches only to 4¾ inches or less)
- 320 101 25_ Outfit (2 or more pieces) Each piece of the outfit may use one or more of the following fabrics: stable, medium weight, firmly woven fabrics and/or non-bulky knit fabrics with minimal stretch, and/or polar fleece with minimal stretch.
- 320 101 26_ Personal accessory from firmly woven fabrics (cotton, cotton/polyester blend, wool, wool blend), non-bulky knit fabric with minimal stretch (4 inches of fabric stretches only to 4¾ inches or less) or polar fleece (minimal stretch - 4 inches of fabric stretches only to 4¾ inches or less)
- 320 101 27_ Item for the home from firmly woven fabrics (cotton, cotton/polyester blend, wool, wool blend), non-bulky knit fabric with minimal stretch (4 inches of fabric stretches only to 4¾ inches or less) or polar fleece (minimal stretch - 4 inches of fabric stretches only to 4¾ inches or less)
- 320 101 28_ Non-garment for use in sports, picnics, camping, or with animals from firmly woven fabrics (cotton, cotton/polyester blend, wool, wool blend), non-bulky knit fabric with minimal stretch (4 inches of fabric stretches only to 4¾ inches or less), or polar fleece (minimal stretch - 4 inches of fabric stretches only to 4¾ inches or less)
- 320 101 29_ Doll, toy, or garment/accessories for either from firmly woven fabrics (cotton, cotton/polyester blend, wool, wool blend), non-bulky knit fabric with minimal stretch (4 inches of fabric stretches only to 4¾ inches or less) or polar fleece (minimal stretch - 4 inches of fabric stretches only to 4¾ inches or less)
- 320 301 20_ Creativity - Item or garment which has been enhanced through creative embellishment, fabric manipulation, or fabric creation; recycled items are included and may retain some seams/design of the original item as appropriate. Exhibit must have been made by exhibitor and use fabrics and skills appropriate to skill level 2.

BASIC SKILLS LEVEL 3

At this level, the focus should be on improving skills learned in level 1 and 2 and adding a new skill or two. Fabrics used in this level may have up to moderate stretch (4 inches of fabric stretches to no more than 5 3/8 inches).

- 320 101 31_ Garment made from medium weight woven fabric which may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches); show at least 2 new skills for this level.
- 320 101 32_ Garment made from knit fabric which may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches); show at least 2 new skills for this level.
- 320 101 33_ Garment made from polar fleece or comparable fabric which may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches); show at least 2 new skills for this level.
- 320 101 34_ Outfit (2 or more pieces) - Each piece of the outfit may use one or more of the following fabrics: medium weight woven fabrics and/or knit fabrics, and/or polar fleece; all fabrics may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches).

JEFFERSON COUNTY 4-H FAMILY AND CONSUMER SCIENCE

- 320 101 35_ Personal accessory from medium weight woven fabrics, knit fabrics, and/or polar fleece; all fabrics may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches).
- 320 101 36_ Item for the home from medium weight woven fabrics, knit fabrics, and/or polar fleece; all fabrics may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches).
- 320 101 37_ Non-garment item for use in sports, picnics, camping, or with animals from medium weight woven fabrics, knit fabrics, and/or polar fleece; all fabrics may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches).
- 320 101 38_ Doll, toy, or garment/accessories for either from medium weight woven fabrics, knit fabrics, and/or polar fleece; all fabrics may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches).
- 320 301 30_ Creativity - Item or garment which has been enhanced through creative embellishment, fabric manipulation, or fabric creation; recycled items are included and may retain some seams/design of the original item as appropriate. Exhibit must have been made by exhibitor and use fabrics and skills appropriate to skill level 3.

EXPANDING SKILLS LEVEL 4

At this level, the focus should be on improving skills learned in level 3 and adding two new skills. Fabrics for this level include medium weight woven and moderate stretch (4 inches of fabric stretches to no more than 5 3/8 inches).

- 320 101 41_ Garment made from medium weight woven fabric, with or without nap, which may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches); show at least 2 new skills for this level.
- 320 101 42_ Garment made from knit fabric which may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches); show at least 2 new skills for this level.
- 320 101 43_ Garment from polar fleece or comparable fabric which may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches); show at least 2 new skills for this level.
- 320 101 44_ Outfit (2 or more pieces) - Each piece of the outfit may use one or more of the following fabrics: medium weight woven fabrics, with or without nap and/or knit fabrics, and/or polar fleece; all fabrics may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches). Show at least 2 new skills for this level.
- 320 101 45_ Personal accessory or item for the home from medium weight woven fabrics with or without nap, knit fabrics, and/or polar fleece; all fabrics may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches). Show at least 2 new skills for this level.
- 320 101 46_ Non-garment item for use in sports, picnics, camping, or with animals from medium weight woven fabrics with or without nap, knit fabrics, and/or polar fleece; all fabrics may have up to moderate stretch (4 inches of fabric stretches to no more than 5-3/8 inches). Show at least 2 new skills for this level.
- 320 301 40_ Creativity - Item or garment which has been enhanced through creative embellishment, fabric manipulation, or fabric creation; recycled items are included and may retain some seams/design of the original item as appropriate. Exhibit must have been made by exhibitor and use fabrics and skills appropriate to skill level 4.

EXPANDING SKILLS LEVEL 5

At this level, the focus should be on improving skills learned in level 4 and adding three new skills. Fabrics at this level include bulky and/or stretchy fabrics.

- 320 101 51_ Garment made from medium weight and/or bulky, and/or stretchy woven fabric; show at least 3 new skills for this level.
- 320 101 52_ Garment made from knit fabric which may be bulky or have any amount of stretch; show at least 3 new skills for this level.
- 320 101 53_ Garment from polar fleece or comparable fabric which may have any amount of stretch; show at least 3 new skills for this level.
- 320 101 54_ Outfit (2 or more pieces). Each piece of the outfit may use one or more of the following fabrics: woven fabrics and/or knit fabrics, and/or polar fleece; all fabrics may have bulk and/or any amount of stretch. Show at least 3 new skills for this level.
- 320 101 55_ Personal accessory or item for the home from woven fabrics and/or knit fabrics, and/or polar fleece; all fabrics may have bulk and or any amount of stretch. Show at least 3 new skills for this level.

JEFFERSON COUNTY 4-H FAMILY AND CONSUMER SCIENCE

- 320 101 56_ Non-garment item for use in sports, picnics, camping, or with animals made from woven fabrics and/or knit fabrics, and/or polar fleece; all fabrics may have bulk and/or any amount of stretch. Show at least 3 new skills for this level.
- 320 301 50_ Creativity - Item or garment which has been enhanced through creative embellishment, fabric manipulation, or fabric creation; recycled items are included and may retain some seams/design of the original item as appropriate. Exhibit must have been made by exhibitor and use fabrics and skills appropriate to skill level 5.

EXPANDING SKILLS LEVEL 6

At this level, the focus should be on improving skills learned in level 5 and adding three new skills, Fabrics at this level include bulky and/or stretchy fabrics as well as lightweight more care-in-handling fabrics.

- 320 101 61_ Garment made from medium weight and/or bulky and/or stretchy woven fabric; show at least 3 new skills for this level.
- 320 101 62_ Garment made from fine or light weight woven fabric; show at least 3 new skills for this level.
- 320 101 63_ Garment made from woven fabrics which require more care in handling or pattern selection (satin, dupion, crepe de chine, taffeta, velour, tulle, and net); show at least 3 new skills for this level.
- 320 101 64_ Garment made from knit fabric which may be bulky or have any amount of stretch; show at least 3 new skills for this level.
- 320 101 65_ Garment from polar fleece or comparable fabric which may have any amount of stretch; show at least 3 new skills for this level.
- 320 101 66_ Outfit (2 or more pieces). Each piece of the outfit may use one or more of the following fabrics: woven fabrics and/or knit fabrics, and/or polar fleece; all fabrics may have bulk and/or any amount of stretch. Show at least 3 new skills for this level.
- 320 101 67_ Personal accessory or item for the home from woven fabrics and/or knit fabrics, and/or polar fleece; all fabrics may have bulk and or any amount of stretch. Show at least 3 new skills for this level.
- 320 101 68_ Non-garment item for use in sports, picnics, camping, or with animals; woven fabrics and/or knit fabrics, and/or polar fleece; all fabrics may have bulk and/or any amount of stretch. Show at least 3 new skills for this level.
- 320 301 60_ Creativity - Item or garment which has been enhanced through creative embellishment, fabric manipulation, or fabric creation; recycled items are included an may retain some seams/design of the original item as appropriate. Exhibit must have been made by exhibitor and use fabrics and skills appropriate to skill level 6.

ADVANCED SKILLS LEVELS 7/8/9 (intermediates and seniors) all three levels exhibit together in class determined by description.

- 320 101 71_ Garment or outfit made from medium or heavy weight woven fabric (no tailoring techniques).
- 320 101 72_ Garment or outfit made from woven fabric using traditional tailoring methods, interfacing fusible and non-fusible methods to create a tailored look.
- 320 101 73_ Garment or outfit made from fine or light weight woven fabric.
- 320 101 74_ Garment or outfit made from woven fabrics which require more care in handling or pattern selection (satin, dupion, crepe de chine, taffeta, velour, tulle, net, beaded or sequined fabrics, velvet, hand woven, double cloth, lame, leather, lace, etc.
- 320 101 75_ Garment or outfit made from knit fabric which may be bulky or have any amount of stretch.
- 320 101 76_ Garment or outfit made from polar fleece or comparable fabric which may have any amount of stretch.
- 320 101 77_ Garment or outfit made from fabric specially designed for outerwear such as ripstop nylon, coated or uncoated outdoor fabrics.
- 320 101 78_ Garment or outfit combining two or more of the above fabrics.
- 320 101 79_ Personal accessory, item for the home or for use in sports, picnics, camping, or with animals made from any fabric; all fabrics may have bulk and/or any amount of stretch.
- 320 301 70_ Creativity - Item or garment which has been enhanced through creative embellishment, fabric manipulation, or fabric creation; recycled items are included and may retain some seams/design of the original item as appropriate. Exhibit must have been made by exhibitor.

Skills Notebook

Notebook displaying samples of new sewing techniques learned during the project year. Include five new samples from the options listed on the Making a Skills Notebook factsheets (320-16-1 through 7).

- Samples should be at least 4" by 4" with each sample securely mounted on a separate 4-H Sewing Skills Sample form (320-16)
- Each sample should include a complete explanation of the steps used for the construction process.
- Place the five skill sheets to be judged in the front of the notebook with the exhibitor name, skill level and current project year clearly identified.

320 500 10_ Skills Notebook

Costumes

Costume for celebrations, holidays, theater, or other use. Must include sewing, but may or may not also include other techniques in combination with sewing.

320 400 10_ Costumes

Creativity

An item or garment which has been enhanced through creative embellishment, fabric manipulation, or fabric creation; recycled items are included and may retain some seams/design of the original item as appropriate; exhibit must have been made by exhibitor.

320 301 10_ Creativity

Hands for Larger Service (all levels)

This class is for members to share their learning and skills with others—primarily with someone in need. Create an item or garment that will be given away to someone in need.

320 300 10_ Hands for Larger Service

2019 Celebrate our World: Greece

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture. The Celebrate our World

Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

320 800 112 Intermediate Celebrate our World inspired clothing/sewing project

320 800 113 Senior Celebrate our World inspired clothing/sewing project

Designing Spaces

Members are encouraged to enter Educational Displays under the *Communications* division, enter Science experiments under the *Science* division (i.e. compare energy use with different types of lighting, water efficient products, use of landscape to heat or cool homes), and enter career exploration, hands for larger service, community outreach projects using designing spaces skills under the *Citizenship and Leadership* division.

Members may enter up to **three** classes, **one** exhibit per class. Seniors and Intermediates may also enter one exhibit in the Celebrate our World class.

In the Designing Spaces project, items produced by the 4-H member are developed within the context of the over-all design/plan of a specific location. The classes align with the four elements of designing a space: designing a room, furnishing a room, finishing a room, and creating a healthy room environment. Judging criteria are outlined on the appropriate evaluation form: *Furnishing & Finishing Designing Spaces (340-01)* and *Designing and Making Healthy Designing Spaces (340-02)*. To qualify for judging, a 4-H Designing Spaces Exhibit Explanation card must be attached. The explanation card and evaluation

sheets are available in county Extension offices or on the State 4-H website at: <http://oregon.4h.oregonstate.edu/special-events/state-fair/cm-family>

In addition to the exhibit tag, each piece of an exhibit must be labeled on the back or bottom with the member's name, county, and exhibit class number.

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

1 Junior

2 Intermediate

3 Senior

Designing a Space

340 100 11_ Design board for a room. Include: color scheme, wall treatment, floor treatment, window treatment, etc OR floor plan for a room. Posters, 24 x 30, or multimedia presentation (on CD). Show what you learned with before and after pictures or diagrams, samples, story, cost comparisons, optional arrangements, etc.

Furnishing a Space

The functional items to furnish a room are made from new, recycled or refurbished items for a specific location, described in details on the explanation card.

340 100 12_ Organizational/storage item for the furnishing of a room.

340 100 13_ Functional textile item for the furnishings of a room, ie. curtains, rug, quilt.

340 100 14_ Furniture item to furnish a room.

Finishing a Space

These finishing touches for a room are made from new, recycled or refurbished items for a specific location, described in detail on the explanation card.

340 100 15_ Accessory for the walls of a room.

340 100 16_ Accessory for the furnishings of the room (bed, dresser, etc.)

340 100 17_ Accessory for seasonal use in a room.

340 100 18_ Accessory for outdoor use.

Making a Healthy Space

340 100 19_ Problem solving for a space. Identify a problem (as problem windows, storage needs, inconvenient room arrangement, cost comparison, energy conservation, waste management, etc.) Using poster, notebook, multimedia presentation (on CD) or other method, describe the problem and how it was solved.

2019 Celebrate our World: Greece

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture. . The Celebrate our World Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

340 800 112 Intermediate Celebrate our World inspired Designing Spaces project

340 800 113 Senior Celebrate our World inspired Designing Spaces project

CROCHETING

Members may enter one exhibit per class in their skill level and one exhibit in the Hands for Larger Service class. Senior and Intermediate members may also enter one exhibit in the Celebrate our World class. To qualify for judging, a 4-H Crocheting Exhibit Explanation card (370-01) must be thoroughly and thoughtfully completed and securely attached to exhibits. The Celebrate our World Explanation Card

(998-03) is required for all exhibits in the Celebrate our World class.

Refer to the “4-H Crocheting Project Member’s Guide” (4-H 962) for detailed information on specific skills to be learned in each phase. A pair of gloves, slippers, etc., is considered one article. Swatches are not acceptable. For the phase level classes, the Judging criteria is outlined on the 4-H Crocheting Check Sheet (370-02) and can be found along with the judging criteria for the Innovation class (998-02), and the required Explanation Cards at the county Extension office or at the Oregon 4-H website: <http://oregonstate.edu/special-events/state-fair/cm-family>

Each garment or article must be labeled with the member’s name, county and project phase. This label should be typed or printed in indelible pencil or ink on a piece of white fabric and sewn in or written with indelible ink on painters tape and placed where it can do the least amount of damage. This label is in addition to the 4-H exhibit tag.

Note: Fill in blank in class number (__) with corresponding number for Junior, Intermediate, or Senior Phases 1-4 and Beginning and Expanding levels. Phases 5-6 and Advanced levels are for Intermediate and Senior level only.

- 1 Junior
- 2 Intermediate
- 3 Senior

Basic Skills

(Phase 1): one article showing one of more of the following stitches: chain stitch, single crochet, double crochet, or slipstitch.

- 370 100 11_ Wearable—garment or personal accessory (hat, purse, belt, gloves, etc.)
- 370 100 12_ Non-wearable—toys or items for the home (coasters,doilies, pillows, holiday decor, etc.)

Expanding Skills

(Phases 2, 3, 4 & 5): one article showing one or more of the following stitches: treble crochet, double treble, v stitch, open or filet mesh open or filet mesh, block or solid mesh, long single stitch, shell stitch, shell stitch variation, waffle (or rib) stitch, picot (Irish crochet), cluster, popcorn, star, puff stitch, Tunisian crochet, afghan stitch, hairpin lace, broomstick lace, other stitches made over a space hold tool. Stitches may be used in combination with stitches learned in a previous level.

- 370 100 31_ Wearable—garment or personal accessory (hat, purse, belt, gloves, etc.)
- 370 100 32_ Non-wearable—toys or items for the home (coasters,doilies, pillows, holiday decor, etc.)

Advanced Skills

(Phase 6: for intermediates and senior level members): One article showing skills learned. Select from the following options: Crocheting combined with fabric or leather, Item made from member’s original design (include written instructions with exhibit), Item using difficult yarns, or is a large or advanced project.

- 370 100 61_ Wearable—garment or personal accessory.
- 370 100 62_ Non-wearable—toys or items for the home.

Hands for Larger Service (all levels)

This class is for members to share their learning and skills with others—primarily with someone in need. Create an item or garment that will be given away to someone in need.

- 370 300 00_ Hands for Larger Service

2019 Celebrate our World: Greece

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on

learning about the country/region and the skills and techniques unique to that culture. . The Celebrate our World Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

- 370 800 112 Intermediate Celebrate our World inspired crocheting project
- 370 800 113 Senior Celebrate our World inspired crocheting project

Knitting

Knitting has three divisions of exhibit classes based on the techniques used: Knitting with needles; Knitting with looms, boards, and machines; and Felted Knitting.

Members may enter up to a total of **four** classes based on the phase or level in which they are enrolled and one exhibit in the Hands for Larger Service class. The classes may be any combination of divisions but within each division the classes must be in a single phase or level. For phase classes and Hands for Larger Service class to qualify for judging, a 4-H Knitting Exhibit Explanation card (360-01) for the skill classes and the Celebrate our World Explanation Card (998-03) for the Celebrate our World class must be thoroughly and thoughtfully completed and securely attached to the exhibit. The card requests information about the exhibited item and skills learned in construction. Members must mark skills on the level in which they are enrolled. If they show skills beyond their level, they will not receive extra consideration. For the Innovation Class, exhibits must include the Innovation Explanation card (998-01). Forms are available at the county Extension office or on the State 4-H website at: <http://oregonstate.edu/special-events/state-fair/cm-family>

Judging criteria for non-felted items are outlined on the 4-H Knitting Check Sheet (360-02). Judging criteria for knitting which has been felted are outlined in the 4-H Felting Score Sheet (261-03). Judging criteria for the Innovation Class is outlined in the 4-H Innovation Score Sheet (998-02). All are available from the county Extension office or at website above.

A pair of mittens, slippers, socks, etc, is considered one article. The two pieces of the pair should be temporarily but securely attached to each other. Swatches are not acceptable as exhibits.

In addition to the 4-H exhibit tag, each garment or article must be labeled with the member's name, county and project phase or level. This label should be typed or printed in indelible pencil or ink on a piece of white fabric and sewn to the article or written with indelible ink on painters tape and placed where it can do the least amount of damage.

Note: Fill in blank in class number (__) with corresponding number for Junior, Intermediate, or Senior Phases 1-4 in Knitting with Needles and Beginning and Expanding in other classes. Phase level 5 & 6 and Advanced levels is for Intermediate and Senior level members only.

- 1 Junior
- 2 Intermediate
- 3 Senior
- 4

Knitting with Needles Division

Basic Skills

(Phase 1): one article showing one or more of the following skills learned, (cast-on, knit, purl, bind off, and overcast seam)

360 100 11_Wearable – garment or personal accessory (hat, purse, bag, scarf, etc)

360 100 12_Non-wearable – toys or items for the home (pillow, holiday decoration, potholder, washcloth, blanket, etc)

Expanding Skills

(Phase 2, 3, 4 and 5): one article showing ribbing, stockinette stitch, increase, decrease, & other seams, pick-up stitches, one article showing a pattern stitch, or one article showing mixed colors (Fair Isle pattern or bobbin knitting – no stripes)

360 100 31_ Wearable – garment or personal accessory(hat, purse, bag, scarf, etc)

360 100 32_ Non-wearable – toys or items for the home (pillow, holiday decoration, potholder, washcloth, blanket, etc)

Advanced Skills

(Phase 6 for intermediates and seniors only): One article showing skills learned. Select from the following options: Knitting with four needles, Knitting combined with fabric or leather, Knitted lace attached to article, items made using multiple stitches, difficult yarn, or is a large or advanced project, or Item made from member's original design (include written instructions with exhibit).

360 100 61_ Wearable– garment or personal accessory(hat, purse, bag, scarf, etc)

360 100 62_ Non-wearable– toys or items for the home (pillow, holiday decoration, potholder, washcloth, blanket, etc.)

Knitting with Looms, Boards, and Machines Division

Knitting using looms and boards

Beginning skills: One article using beginning skills such as: Cast on, e-wrap [twisted knit stitch], gathering or flat removal method, simple stripe color changes, flat or tubular shapes

360 200 11_ Wearable – garment or personal accessory (hat, purse, bag, scarf, etc.)

360 200 12_ Non-wearable – toys or items for the home (pillow, blanket, etc.)

Expanding skills: One article showing skills in addition to the beginning skills such as: alternate cast on methods- crochet-on, cable cast on; purl stitch, knit stitch, garter stitch, ribbing, increasing, decreasing, adding or joining tubes, combination round and flat shaped items

360 200 21_ Wearable – garment or personal accessory (hat, purse, bag, scarf, socks, slippers, mittens, sweater, etc)

360 200 22_ Non-wearable – toys (puppet, doll, stuffed animal, doll sweater) or items for the home (pillow, blanket, afghan, etc.)

Advanced skills: (for intermediates and seniors) designs using multiple color(s), seed stitch, rice stitch, moss stitch, box stitch, single chevron, cables, basket weave or checkerboard patterns, creating eyelets or holes

360 200 31_ Wearable – garment or personal accessory (hat, purse, bag, scarf, etc)

360 200 32_ Non-wearable – toys or items for the home (puppet, doll, stuffed animal, doll sweater, pillow, blanket, afghan, etc)

Knitting machine One article made using a knitting machine

360 200 41_ Wearable – garment or personal accessory (hat, purse, bag, scarf,)

360 200 42_ Non-wearable – toys or items for the home (puppet, doll, stuffed animal, doll sweater, pillow, blanket, afghan, etc)

Felted Knitting Division

Items may be knitted using needles, looms, boards, or machines. Felting may be done by hand or washing machine wet methods and/or dry needle felting techniques.

360 300 11_ Beginning - items made with beginning knitting skills including knit and/or purl stitches and single strands of yarn. Simple flat or tube shapes.

360 300 12_ Expanding – items made with more expanded knitting skills including use of multiple strands of yarn, inclusion of non-felting yarns, changing colors, attaching simple handles or tabs, adding flat designs with needle felting, etc

360 300 13_ Advanced – items made incorporating more advanced knitting techniques including cables or more difficult knitting patterns, knitting in the round with four needles, I-cord for handles or design pieces, maintaining holes in knitted and felted item, attaching three dimensional design pieces, etc.

Hands for Larger Service (all levels)

This class is for members to share their learning and skills with others—primarily with someone in need. Create an item or garment that will be given away to someone in need.

360 300 10_ Knitted item or items to be donated to someone in need.

2019 Celebrate our World: Greece

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture. The Celebrate our World

Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

360 800 112 Intermediate Celebrate our World inspired knitting project

360 800 113 Senior Celebrate our World inspired knitting project

Innovation and Creativity

This class is for intermediate and senior level 4-H members to share a creative or innovative exhibit that does not fit well in the project area's scripted classes. The idea behind this class is to have a way for members to share how they have expanded their knowledge and skills to include new learning from outside the project area which then is included in their project areas. This exhibit may include a technological component to add another dimension to the project such as illumination or interactivity or uses science knowledge or skills to otherwise enhance the project. Examples: An illumination added to a sewn backpack for safety; a design "burned" into a woodworking project created by a reaction between electricity and a chemical compound.

Intermediate and senior level members may enter up to three exhibits for this class. All individual items must be labeled with the member's name, class # and county. A completed 4-H Exhibit card must be included as well as the Innovation Explanation Card (310-01). Exhibits will be evaluated using the Innovation Evaluation Sheet (310-02). All forms are available on the 4-H State website at: <http://oregon.4h.oregonstate.edu/special-events/state-fair/cm-family>.

310 100 002 Intermediate Innovation class

310 100 003 Senior Innovation class

Food and Nutrition

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 as many classes within the Level they are in, one exhibit per class. All foods entered must be made by the exhibitor. For the recipe of the year classes, the State Fair's year is used to determine if it is an even or an odd year.

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/node/1855>

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), *Scone 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), *Sponge and Foam Cakes Evaluation Form* (511-11), *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/node/1855>

Note: Fill in blank in class number (___) with corresponding number for Junior, Intermediate, or Senior for Basic and Expanding skill levels. Advanced skill level is for Intermediate and Senior levels only.

- 1 Junior
- 2 Intermediate
- 3 Senior

Basic Skills Level 1 – Cooking 101 and Baking 1

511 110 00_ Recipe of the Year Class: Exhibit two cookies.

Even Years: Healthy Carrot Cake Cookies - must use recipe from OSU Food Hero website:

<https://foodhero.org/recipes/healthy-carrot-cake-cookies>

Odd Years: Baking Powder Biscuits – must use recipe from Baking 1, page 13 or visit the 4-H State website: <http://oregon.4h.oregonstate.edu/special-events/state-fair/cm-family>

511 110 01_ Cookies. Exhibit **two** cookies. No frosting, icing, or glaze.

511 110 02_ Cereal Marshmallow Bars (must use recipe from Cooking 101, pg. 34) Exhibit **two** bars. No frosting, icing or glaze.

511 110 03_ 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 04_ 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 16_ 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.

Basic Skills Level 2 – Cooking 201 and Baking 2

511 120 00_ Recipe of the Year Class: Exhibit **two** individual items.

Even Years: Let's Bake Corn Bread – must use recipe from Baking 2, page 37.

Odd Years: Scones - must use recipe from Cooking 201, page 51. Recipes can be found at:

<http://oregon.4h.oregonstate.edu/special-events/state-fair/cm-family>

511 120 01_ Cookies. Exhibit **two** cookies. No frosting, icing, or glaze.

511 120 02_ Basic Nut Bread (must use recipe in Cooking 201 book, pg. 48 - no variations). Exhibit ¼ of loaf. No frosting, icing or glaze.

511 120 03_ 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 04_ **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 16_ **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.

Expanding Skills Level 3 – Cooking 301 and Baking 3

- 511 130 00_ **Recipe of the Year Class:** Exhibit ¼ of the item.
Even Years: Cool Rise White Bread; must use recipe from Baking 3, page 23.
Odd Years: Dakota Bread; must use recipe from Baking 3, pg. 22. (Note: ½ cup of whole wheat flour is missing from an older version of the curriculum. Please add this if it is missing.) . Recipes can be found at: <http://oregon.4h.oregonstate.edu/special-events/state-fair/cm-family>
- 511 130 01_ **Shortened Cakes** (cakes with fat). No commercial mixes; No fillings or toppings (i.e., frosting, icing, glaze, powdered sugar, fruit or nuts). Exhibit **Three** individual items or ¼ of a large item.
- 511 130 02_ **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 03_ **Yeast Bread product, plain dough using all white flour.** Exhibit ¼ of a loaf.
- 511 130 04_ **Yeast Bread product, plain dough using all whole wheat flour.** Exhibit ¼ of a loaf.
- 511 130 05_ **Yeast Bread product, plain dough using an alternative grain.** Exhibit ¼ of a loaf.
- 511 130 06_ **Yeast Bread product, plain dough using a combination of flours.** Exhibit ¼ of a loaf.
- 511 130 07_ **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 08_ **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 16_ **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 **three** individual items or ¼ of a large item.

Advanced Skill Level 4 – Cooking 401 and Baking 4 (for intermediates and seniors)

- 511 140 00_ **Recipe of the Year Class:** Exhibit ¼ of the item.
Even Years: Busy Day Oatmeal Cake (must use recipe from Baking 4, page 17).
Odd Years: Single Pie Crust (must use recipe from Baking 4, pg. 21).
Recipes can be found at: <http://oregon.4h.oregonstate.edu/special-events/state-fair/cm-family>
- 511 140 01_ **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 02_ **Focaccia Bread** (must use recipe from Cooking 401, pg. 22) Exhibit ¼ of item.
- 511 140 03_ **Yeast Bread product, plain dough using all white flour.** Exhibit ¼ of a loaf.
- 511 140 04_ **Yeast Bread product, plain dough using all whole wheat flour.** Exhibit ¼ of a loaf.
- 511 140 05_ **Yeast Bread product, plain dough using an alternative grain.** Exhibit ¼ of a loaf.
- 511 140 06_ **Yeast Bread product, plain dough using a combination of flours.** Exhibit ¼ of a loaf.
- 511 140 07_ **Yeast Bread product (using any type of flour) with added non-perishable ingredients** (ie. herbs, nuts, dried fruit, etc.) Exhibit ¼ of a loaf.
- 511 140 08_ **Yeast Bread product using special shaping.** Exhibit **two** individual items or ¼ of a large item.
- 511 140 09_ **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 16_ **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 03_ 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 sided 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.**

All Skill Levels

Poster

- 511 100 11_ Poster** showing and explaining something you have made, done, or learned in your Foods & Nutrition project. **Poster must not exceed 24" x 30".**

Photo series or pictorial story

- 511 200 13_ 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.

Gift Package

- 511 140 14_ 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.

Favorite Recipe Collection

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.

- 511 300 111 Junior – collection with five** recipes of foods you have prepared, using ingredients grown in the Pacific Northwest.
- 511 300 112 Intermediate - Collection with ten** recipes of foods you have prepared. Five recipes should include a variety of grain products (examples: granola, rice pudding, bulgur salad, pizza), 3 vegetable recipes, and 2 free choice (no restrictions) recipes.
- 511 300 113 Senior – collection with fifteen** recipes of foods you have prepared. Six recipes should be vegetable and fruit recipes, four recipes should be one-pot meals using or demonstrating knowledge of various kitchen appliances (examples: microwave, wok, electric skillet), 3 poultry, fish or meat recipes (may substitute other protein dishes as desired), and 2 free choice (no restrictions) recipes.

Food Preservation

Members may enter **as many** 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/node/1855>

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.)

Business/Entrepreneur and Finance

Members may enter three classes, but only one exhibit per class. All individual items included must be labeled with the member's name, class number and county. A completed 4-H Exhibit card must be included as well as the Business/Entrepreneur Explanation Card (330-01). Exhibits will be evaluated using the Business/Entrepreneur Evaluation Sheet (330-02). All forms and supporting information are available on the 4-H State website at: <http://oregon.4h.oregonstate.edu/special-events/state-fair/cm-family>

JEFFERSON COUNTY 4-H FAMILY AND CONSUMER SCIENCE

Note: Fill in blank in class number (__) with corresponding number for Junior, Intermediate, or Senior

- 1 Junior
- 2 Intermediate
- 3 Senior

- 330 100 00_ Product or service display– a “window” display including sample(s) of the product, portfolio, and/or display board featuring the product or service. Space allowed for the exhibit is 30” wide by 36” tall by 18” in depth.
- 330 200 00_ Business Plan– comprehensive plan for the business that includes: the business name, a description of the business, the business’ mission and goals, who the business is trying to reach (market), how you are selling (sales plan), and the financial plan (budget). Exhibit in binder-type system such as a three ring binder.
- 330 300 00_ Marketing Plan– compressive marketing plan that includes who your customer are, print materials such as business cards, flyers, brochures, audio scripts for radio, social media pages and/or other “virtual” media. No requirement on how to exhibit however the space allowed is 30” wide, 36” tall and 18” in depth.
- 330 400 00_ Social Entrepreneurship - A poster display or virtual (video, PowerPoint, Prezi, etc.) display sharing your social entrepreneurship event, project or business. Share how you identified a need in your community and filled that need. Space allowed for the exhibit is 30” wide by 36’ tall and 18” in depth. A social entrepreneur is a person who establishes an enterprise with the aim of solving social problems or effecting social change. Examples include Toms, Baron Fig, Better World Books, and Adobe as well as the Globe Poverty Project, volunTEENnation.org, and One Earth Designs.

Tablesetting -- County Only

The following contest is available for 4-H members enrolled in the Foods and Nutrition project area:

511 900 01_ (1) Junior (2) Intermediate (3) Senior

Participants will: Members will set up and be judged with their interview with the judge on Tuesday of Fair week.

1. Plan a coordinated economical **table setting** and **menu** around a theme (see below). **Consider the following:**
 - a. Plan a **nutritious meal** with a variety of color, texture, flavors, temperatures. **DO NOT prepare the food.** The menu should include food items that the 4-H member would be able to prepare according to their age and skill level. The menu should not include anything that is beyond their ability to cook or prepare themselves. Members do not need to have prepared this menu, but should have the skills to be able to read the recipes and prepare the meal.
 - b. **Coordinate an inexpensive,** attractive **table setting** appropriate to the menu.
 - c. Write your menu in the order that foods will be served. Remember the extras!

Participants may choose any theme/occasion around which to build their menu and place setting. The title of the theme/occasion should be written at the top of the menu.

Display will consist of a table cloth or place mat, one (1) complete place setting, and a center piece or table decoration.

2. **Written Material:**

Junior:

- a. Write the menu in an appropriate form
- b. Write the recipe for one food which you would serve on the menu. See “*Choosing and Using Recipes*” for further information.

Intermediate and Senior:

- a. Menu (Write your menu in the order that foods will be served. Remember the extras!)
- b. The menu’s contribution to daily nutritional needs (relate to basic guidelines)
- c. The cost of the menu.
- d. Recipe of one food which you would serve.

3. A table will be provided. Please keep your table setting within the dimensions of 24 inches wide and 15 inches deep.

JEFFERSON COUNTY 4-H FAMILY AND CONSUMER SCIENCE

4. **Be prepared to talk** to the judge about written information and table setting.

5. Basis for scoring **Table Setting** display:

Pa	Display Theme	15%
anc	Correctness of Table Setting	10%
ch	Written Material	25%
	Interview with Judge	50%

etermined by the judge. Each age division (junior, intermediate
d by the judge. A grand champion may be awarded from the