4-H FOOD NUTRITION & PRESERVATION
Superintendent: Cheri Biskeborn

Note: See Contests section for information on Food Preparation Contests and Mini-Food Contest

1. Members may enter all classes, two exhibits per class.
2. For State Fair: Each member may enter up to three classes within the Level they are in, one exhibit per class and Celebrate our World.
3. All foods entered must be made by the exhibitor.
4. 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 (exception for cookies and Cereal Marshmallow Bars). 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.
- Exhibits in the Celebrate our World class must also include the Celebrate our World Explanation Card (998-03)

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), Biscuit Evaluation Form (511-15), and Career/Interview Evaluation Form (511-16) all available from the county Extension office or on the State 4-H website.

Note: Fill in blank in class number (__) with corresponding number for age levels:
- 1 Junior
- 2 Intermediate
- 3 Senior

The level you choose to exhibit in depends on the amount of cooking and baking experience you have. Curriculum books for each skill level are available at your local extension office.

A general guideline would be:
- Basic Skill Level 1: 1-2 years of experience
- Basic Skill Level 2: 2-4 years of experience
- Basic Skill Level 3: 4-5 years of experience
- Basic Skill Level 4: 5+ years of experience

2020 Jackson County 4-H Fair Exhibitor Rules
Basic Skills Level 1 – Cooking 101 and Baking 1

511 110 00_: **Recipe of the Year Class:** Exhibit three individual items. Even Years: Healthy Carrot Cake Cookies - must use OSU Food Hero recipe which can be found on the 4-H State website. Odd Years: Baking Powder Biscuits – must use recipe from Baking 1, page 13 or visit the 4-H State website.

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

511 110 02_: **Cereal Marshmallow Bars** Exhibit three 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 three 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 three 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 three muffins. No frosting, icing, or glaze.

Basic Skills Level 2 – Cooking 201 and Baking 2

511 120 00_: **Recipe of the Year Class:** Exhibit three individual items or ¼ of a large item. Recipes can be found on the State website. 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.

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

511 120 02_: **Basic Nut Bread.** 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 three 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. Recipes can be found on the State website. Even Years: Basic Bread; must use recipe from Cooking 3, page 41. 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.)

2020 Jackson County 4-H Fair Exhibitor Rules
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. Maybe shaped into cloverleaf, crescent, knot, bun, bread stick or any other type of roll. Exhibit three 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 (i.e. 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 three 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**

511 140 00_: Recipe of the Year Class: Exhibit ¼ of the item. Recipes can be found on the State website.

Even Years: Rosemary Focaccia Bread (must use recipe from Cooking 401, pg. 22)

Odd Years: Single Pie Crust (must use recipe from Baking 4, pg. 21).

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 three individual items or ¼ of a large item.

511 140 02_: Focaccia Bread. 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 (i.e. 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 three 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 three individual items or ¼ of a large item.
All Skill Levels

Cooking Up a Career (Moved from level 3)

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.

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 (1 breakfast, 1 lunch, 1 dinner, and 2 free choice) of foods you have prepared, using ingredients grown in the Pacific Northwest. Of these five recipes, 3 need to feature fruits, vegetables, 1 is to feature grains, and 1 features protein (meat, poultry, seafood, beans, eggs, nuts, or seeds).

511 300 112: Intermediate - Collection with ten recipes of foods you have prepared. Two recipes should feature a source of protein, two recipes should include a variety of grain products, 3 need to have vegetables as the focus, 2 feature fruit, and 1 is free choice. The recipes need to include three food items appropriate for each of the basic three meals: Breakfast (such as smoothies, baked items, or pancakes/waffles/toasts), lunch (such as sandwiches, soups, and wraps) and dinner (such as casseroles, side dishes, and salads) menus. The remaining recipe is totally free choice.

511 300 113: Senior – collection with fifteen recipes of foods you have prepared. Six recipes should be vegetable and/or fruit recipes, four should be protein based (poultry, fish, meat or other protein dishes), four should be grain based, and one can be free choice (no restrictions). Five of these recipes should be one-pot meals using or demonstrating knowledge of various kitchen appliances (examples: microwave, wok, slow cooker, pressure cooker).

Celebrate our World

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 exhibit is to be inspired by the country of celebration. The Celebrate our World Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.
FOOD PRESERVATION

1. Members may enter all classes, two exhibits per class.
2. For State Fair: Members may enter four classes and up to two different exhibits per class. Intermediate and Senior member may also enter an exhibit in the Celebrate our World class.

   Members must use current OSU approved or USDA preparation and processing recommendations for preserved foods. Current OSU approved publications can be found on the State website.

   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.

3. All products, including all preserved products in gifts packs, must have a 4-H Food Preservation Explanation Card (512-07) with complete information and instructions/recipe. Entries in the Celebrate our World classes must also include the Celebrate our World Explanation Card (998-03). Explanation Cards are available at the county Extension office or on the State 4-H website.

4. 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. Incomplete labeling may result in disqualification.

5. Include jar rings on all canned products. Be sure all jars are properly sealed. Unsealed jars will be disqualified. For judging reasons, use clear jars only.

6. Jars may be opened during the judging process. For this reason we strongly urge you to use smaller jars for your fair exhibits. Suggested are 4 oz. jars for jams and jellies, half pints & pint jars for other products. Larger jars will be accepted, but food may be wasted as any opened jars may be emptied before returning after fair. Tip: Bring two exhibits to the county fair, one for county judging and one to come to state fair (if chosen).

7. Dried foods should be exhibited in jars or sturdy plastic bags, with labels securely attached.

8. Make sure to follow the approved processing times listed for your product.

   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), 4-H Flavored Vinegar Evaluation Sheet (512-08), 4-H Canned Broth Evaluation Sheet (512-09), and 4-H Gift Pack Check Sheet (512-08) available at the county Extension office or on the State 4-H website.

Note: Fill in blank in class number (__) with corresponding numbers for age levels:
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 02_ *Canned tomato based products such as tomatoes, tomato sauce, tomato or tomato/vegetable juice, ketchup, or salsa. One jar processed in a boiling water canner.
512 111 05_ Canned fruit based products such as fruit sauce (no thickener added), pie filling (thickened with Clear-Jel), fruit or berries, or salsa. Jars must be sealed by processing in a boiling water canner.
512 111 06_ Relish. One jar of relish. Jars must be sealed by processing in a boiling water canner. Examples include cucumber relish, zucchini relish, corn relish and chutneys, other chopped fruit and vegetable based products that include acidification.
512 111 10_ *Cooked jam or jelly. One jar using commercial pectin. Jars must be sealed by processing in a boiling water canner.
512 111 12_ Quick cucumber pickles. One jar of cucumber, fruit or vegetable quick pickles. Jars must be sealed by pasteurization or processing in a boiling water canner.
512 111 15_ *Dried fruits, vegetables, herbs, or fruit leather. Exhibit ¼ - ½ cup of dried fruit or vegetable pieces, herbs or four 1” wide rolls of one flavor fruit leather.
512 111 18_ *Dried herb seasoning combination. About ¼ cup of dried herb seasoning combination.
512 111 19_ Flavored Vinegars. One jar of flavored vinegar using commercial vinegar and flavor added through the use of herbs, fruits, vegetables and/or spices.
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.

512 111 20_ Canned Broth. One jar of canned broth (liquid only, no meat or vegetable pieces) processed in a pressure canner.
512 111 21_ Cooked jelly or jam, syrup or juice. All must be made from juice the member has extracted. Jam or jelly can be made with or without commercial pectin. One jar. 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, poultry or fish. Fish products should be exhibited in pint or half pint jars. One jar processed in a pressure canner.
512 111 28_ Canned combination dish. One jar of canned combination dish processed in a pressure canner. Examples include chili, soup, baked beans, etc.
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.

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.

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.

Celebrate our World
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 exhibit is to be inspired by the country of celebration. The Celebrate our World Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

COUNTY ONLY - CANDY MAKING

1. County only division. Entries are not eligible for State Fair.
2. Include recipe on 5” x 8” card or paper.
3. All candy must be made by exhibitor.
4. Four samples of each candy recipe and no more than two entries per class.

Coated Dandies (Dipped – like Cake Balls, or Glazed, Sugared, etc.)
Fudge
Brittle
Popcorn (Balls and Loose)
Other (Sucker, Bars, Divinity, Caramels, Taffy, etc.)

COUNTY ONLY - FOOD-IN-A-JAR

Cookies In A Jar – Decorate a clear plastic or glass container using a holiday, special occasion, or the current fair theme and fill it with a minimum of 5 varieties of homemade cookies. Must bring recipe and a baked sample of the cookie. Entries will be judged on the originality of container and quality of cookies.

Baked Mix in a Jar – Layer dry ingredients of your favorite home-made baked food mix in a decorated quart jar. Must bring recipe and small baked sample from the mix. Entries will be judged on the originality of container and quality of baked sample.