

Family and Consumer Science

Business, Entrepreneurship, and Finance

Eligibility and Max Entries: Members may enter three classes, but only one exhibit per class. Identification: All individual items included must be labeled with the 4-H'er's name, class number, and county.

Explanation: A completed 4-H Exhibit card must be included as well as the [Business/Entrepreneur Explanation Card \(330-01\)](#).

Evaluation: 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.

Display Sizes: Maximum Space allowed for each exhibit is 30" wide x 36" tall x 18" deep. Note: Fill in blank in class number () with appropriate corresponding number:

- 1) Junior
- 2) Intermediate
- 3) Senior
- 4) Team

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. Your display needs to educate the consumer on your product so that they understand what you are selling, the price, value, etc.

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 - Comprehensive 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 or virtual display (video, PowerPoint, Prezi, etc.) sharing your social entrepreneurship event, project, or business. Share how you identified a need/problem in your community, who your target customers are, how you filled the need or solved the problem and how you determined the best way to fill the need or solve the problem (including market research). 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 as well as the Globe Poverty Project, volunTEENnation.org, and One Earth Designs.

Clothing and Textiles

Participants may enter up to **four** exhibits in the construction classes but only **two exhibits in any one class**.

- They may also enter one exhibit in the creativity, costumes, hands-for-larger service, and/or skills notebook.
- 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 must be clean and in good repair.
- Hangers and/or garment bags are removed from exhibits prior to judging and might not be returned.

Sewing Exhibit Judging Criteria

Judging criteria are outlined in 4-H Clothing and Textile Construction Evaluation Sheet (320-01), the 4-H Clothing and Textile Creative Expression and Costume Evaluation Sheet (320-02), or the Skills Notebook Evaluation Sheet (320-96) which can be found at on the Oregon 4-H State website. 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 4-H'er to stay within the suggested guidelines. See 4-H Clothing Guidelines for Leaders: Basic, Expanding and Advanced Skills (4-H 320-00L).
Identifying your Exhibit
- 4-H Exhibit tags must be attached to the exhibit.
- Each garment or article in the construction classes must be labeled with the 4-H'er's name, county, and project level.
 - This label must 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.
 - Exhibits that have more than one piece **SHOULD** be have each piece labeled and both need to be tied together or connected in some way so that the pieces can be considered as one exhibit.

Explanation Cards

All entries must have a fully-completed 4-H Clothing and Textile Exhibit Card (320-04) to qualify for judging. These forms take the place of interview judging at State Fair, so be as thoughtful and comprehensive as possible when sharing the required information.

- 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.
- Exhibits are entered and displayed at the risk of the exhibitor; see General 4-H Information – Eligibility.

Note: Each class number includes a blank at the end (), which must be filled with corresponding number for the 4-H member registered age.

4. Junior

5. Intermediate

6. Senior

Beginning Skills: Sewing Level 1

Exhibits must follow the 4-H Project Guidelines For Leaders resource information and recommendations for this level. Fabrics used for this level must be stable medium weight, firmly woven fabrics (cotton or cotton/polyester blend), and felt.

320 101 11() Cutting - Personal accessory or item for the home showing cutting skills and/or hand sewing skills (no machine) made from firmly woven fabrics Cutting skills items include: cut-and-tie fleece blankets, pillows, ponchos, scarves. Hand-sewn items: pincushion, needle holder, beanbags, ornaments, etc.

320 101 12() Hand Sewing – Constructed item, accessory, or toy sewn that is all sewn by hand. (does not include items that include zippers, or linings at this level)

320 101 13() Non-garment item demonstrating machine sewing straight seams, square corners, curved seams, casings, pressing, and /or hems. Items such as (but not limited to): simple stuffed flat toy, beanbags, potholder, book cover, tote bag, pillowcase, pillow, receiving blanket, placemats, etc. using recommended fabrics for this level.

320 101 14() Garment or personal item with casing - Exhibit demonstrating skills in correctly sewing a casing (for draw string or elastic) and one or more of the following: straight or curved seams with appropriate seam finish, pressing, reinforcing crotch seams, casings sewn on top and bottom and/or hem. Items include Apron, mask, pull-on or wrap pants, skirt, shorts, etc.

320 101 15() Garment without casing - Exhibit demonstrating skills in correctly machine and/or hand sewing straight or curved seams with appropriate seam finishes, pressing, and hem. Items include cape, simple pullover jumper, buttonless vest, etc.

Basic Skills: Sewing Level 2

The projects must show any of the level 1 skills in addition to 4-H Project Guidelines For Leaders recommendations for levels 2-3. Fabrics used in this level are medium weight woven, with or without nap and/or knit fabrics (broadcloth, calico, soft denim, gingham, muslin, poplin, chintz, double knits), wool, and/or stable non-bulky knits or polar fleece with minimal stretch (4 inches of fabric stretches to 4¾ inches or less.)

320 101 21() Garment or personal item with a zipper - machine or hand sewn and successfully demonstrating skills attaching a centered, lapped or invisible zipper as well as one or more of the following: machine sewn straight or curved seams with appropriate seam finish, pressing, gathers, correct attachment of buttons/snaps/hook & eye closures and/or hems. Items include zipper bag, tote, skirt, simple dress or jumper, slacks, etc.

320 101 22() Non-garment made with a zipper - machine or hand sewn and successfully

demonstrating skills attaching a centered, lapped or invisible zipper such as a personal accessory, an item for the home, for use in sports, picnics, camping or with animals, a toy, doll, etc. Should also demonstrate one or more of the following: Machine sewn straight or curved seams with appropriate seam finish, pressing, gathers, trimming/grading/clipping/notching for bulk, correct attachment of buttons/snaps/hook & eye closures pressing, and/or hems.

320 101 23() Garment or Outfit with sleeves - machine or hand sewn and successfully demonstrating skills attaching raglan, set-in or kimono sleeves, as well as appropriate seam finish, pressing, reinforcing underarm seams, gathers, trimming/grading/clipping/notching for bulk, correct attachment of buttons/snaps/hook & eye closures hems, etc.

320 101 24() Garment or item with patch pockets - machine or hand sewn and successfully demonstrating correct attachment of patch pocket using machine or hand sewing skills; appropriate seam finish, pressing, casings, gathers, reinforcing underarm or crotch seams, trimming/grading/clipping/notching for bulk, hems, correct attachment of buttons/snaps/hook & eye closures, etc.

320 101 25() Handsewn item - Item demonstrating skills in assembling, hemming, and/or attaching closures (buttons, snaps, hook & eye, zipper) or embellishments using hand sewing techniques. Machine can be used for some of the construction but 50% or more of the item must be hand sewn.

320 101 26() Garment or personal item demonstrating level 2 skills, such as: machine sewn straight or curved seams with appropriate seam finish, pressing, zipper, casings, gathers, reinforced crotch or underarm seams, trimming/grading/clipping/notching for bulk, correct attachment of buttons/snaps/hook & eye closures, hems.

Expanding Skills: Level 3

At this level, the focus must be on improvement of any of the basic skills in and adding new skills found in 4-H Project Guidelines For Leaders recommendations for this level Fabrics at levels 4-5. Fabrics at this level must include one of the following: flannel cotton blends, stripes, plaids, rayon, single knits, stiff denim, linen, tweed, gauze, seersucker, wool, tweed, Crepe de chine, may have moderate stretch (4 inches of fabric stretches to no more than 5 and 3/8 inches)

320 101 31() Garment or personal item, machine or hand sewn, successfully demonstrating skills from levels 3 such as: darts, tucks, zippers, waistband, collars, yokes, cuffs, pockets, appropriate seam finishes for fabrics (French, serged, flat fell, mock flat felled, etc), set in sleeves, ruffles and pleats, applying trim, hook & loop tape, matching fabric design, binding, stitch-in-the-ditch, etc. Items may include shirt or blouse, dress or jumper, purse or tote with pockets, bathrobe, jogging suits, **unlined jacket or blazer** etc.

320 101 32() Garment with a collar. Machine or hand sewn, demonstrating appropriate interfacing and collar sewn into garment. Additional skills must include appropriate seam finishes for fabrics, pressing, stay stitching, trimming/grading/clipping/notching for bulk, etc.

320 101 33() Non-garment, item for the home, a doll, toy, or garment/accessories for them, or items used in sports, picnics, camping or with animals constructed with recommended fabrics and skills for this level. (this level includes bags with linings)

320 101 34() Garment or outfit using plaids or directional print/nap - Machine or hand sewn, demonstrating successful matching of stripes/plaid or nap direction. Other skills must include one or more of the following: appropriate seam finishes for fabrics, matching fabric design, pressing, appropriate underlining, stay stitching, closures (zipper, buttons & buttonholes, hook & eye, etc.) trimming/grading/clipping/notching for bulk, etc.

320 101 35() Handsewn item - At least 50% or more of the item must be hand sewn. Item demonstrating skills in assembling, hemming, and/or attaching closures (buttons, snaps, hook & eye, zipper) or embellishments using hand sewing techniques.

320 101 36() Two piece outfit constructed as a set with same or coordinating fabrics and at least one closure such as a zipper or buttons & button holes. Could include jogging suit, pajamas, etc. Exhibit will demonstrate some or the following: appropriate seam finishes for fabric, fabric pattern or nap matching, pressing, appropriate facings, pockets, sleeves, darts, stay stitching, trimming/grading/clipping/notching for bulk, etc.

Advanced Skills: Level 4

At this level, **the focus must be on improving skills learned in previous levels** and follow the 4-H Project Guidelines For Leaders recommendations for levels 6-9. Members must continue practicing basic skills and adapting those to new fabrics. Fabrics at this level include fabrics in previous levels include woven fabrics and/or knit fabrics, wool, and/or polar fleece; all fabrics may have bulk &/or any amount of stretch and slippery fabrics, fine or lightweight sheer fabrics, which require more care in handling or pattern selection (satin, chiffons, organdy, brocade, ripstop, dupion, crepe de chine, taffeta, velour, tulle, leather, suede, fake fur, and net).

320 101 41() Garment or personal item, machine or hand sewn, successfully demonstrating skills from previous levels and least one skill from this level.

320 101 42() Tailored Garment or outfit made from woven fabric using traditional tailoring methods, interfacing fusible and non-fusible methods to create a tailored look.

320 101 43() Formal Garment or outfit made from woven fabrics, including fine and lightweight fabrics which require more care in handling or pattern selection (such as satin, wool, dupion, crepe de chine, taffeta, velour, tulle, net, beaded or sequined fabrics, velvet, hand woven, double cloth, lamé, leather, lace, silk, etc.

320 101 44() Garment or outfit made from fabric specifically designed for **outerwear** such as ripstop nylon, coated or uncoated outdoor fabrics

320 101 45() Swimwear made from 4-way stretch fabrics (spandex, lycra, polyester, nylon, etc.) and demonstrating appropriate seam finishes, trimming/grading/clipping/notching for bulk, and additional skills in the sewing levels.

320 101 46() Non-Garment such as a personal accessory, item for the home or for use in sports, picnics, camping, or with animals, or a toy, doll or garments or accessories made for them made from any fabric; all fabrics used must be appropriate for this level.

Other Textiles Projects

For all classes below: Fill in blank in class number () with member's level:

1 - Junior, **2** - Intermediate, or **3** - Senior.

Creativity

320 300 20() Creativity - The focus of this class is to use your sewing skills to alter an existing garment for fit or creativity. Exhibit can include an item or garment which has been enhanced through creative embellishment, fabric manipulation, or fabric creation; a recycled garment that has been altered for fit or creativity and therefore retain some seams/design of the original item as appropriate.

Costumes

320 300 30() Costumes - Costume for celebrations, holidays, theater, or other use. Should include sewing, but may or may not also include other techniques in combination with sewing.

Hands for Larger Service

320 300 10() Hands for Larger Service - This class is for members to share their learning and skills with others. Create an item or garment that will be given away to someone – primarily someone in need.

Skills Notebook

320 300 40() 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 must be at least 4" by 4" with each sample securely mounted on a separate 4-H Sewing Skills Sample form (320-16)
- Each sample must 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's name, skill level and current project year clearly identified.

Food and Nutrition

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

*Each member may enter up to **three** classes within the level they are in, one exhibit per class and Celebrate our World. 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'er 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 must 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.

Judging Criteria

Judging criteria are outlined on the appropriate evaluation form and all available from the county Extension office or on the at the State 4-H website.

- [Cookie Evaluation Form \(511-01\)](#)
- [Yeast Breads and Dinner Rolls Evaluation \(511-09\)](#)
- [Recipe Collection Exhibit Evaluation \(511-03\)](#)
- [Focaccia Bread Evaluation Form \(511-10\)](#)
- [Muffin Evaluation Form \(511-04\)](#)
- [Sponge and Foam Cakes Evaluation Form \(511-11\)](#)
- [Quick Bread Evaluation Form \(511-05\)](#)
- [Pie Shell Evaluation Form \(511-12\)](#)
- [Coffee Cake Evaluation Form \(511- 06\)](#)
- [Special Pastries Evaluation Form \(511-13\)](#)
- [Scone Evaluation Form \(511-07\)](#)
- [Biscuit Evaluation Form \(511-15\)](#)
- [Shortened Cakes Evaluation Form \(511- 08\)](#)
- [Career/Interview Evaluation Form \(511-16\)](#)

Note: Each class number that includes a blank at the end () must be filled with corresponding number for the 4-H'ers registered age level:

1. Junior 2. Intermediate 3. Senior

Favorite Recipe Collection (All skill levels)

- Recipe collection can be in a file box or in recipe book form. Follow specific guidelines on
- evaluation sheet.
- 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.
- Adding decorative items or photos to recipes is optional and is not a part of the judging
- process.

511 300 111 Junior – Collection with five (5) recipes of foods you have prepared, using ingredients

grown in the Pacific Northwest. Of these five recipes,

- 3 need to feature fruits and/or vegetables.

- 1 is to feature grains.

- 1 features protein (meat, poultry, seafood, beans, eggs, nuts, tofu, or seeds).

511 300 112 Intermediate - Collection with ten (10) recipes* of foods you have prepared.

- 2 recipes must feature a source of protein,

- 2 recipes must include a variety of grain products,

- 3 need to have vegetables as the focus,

- 2 feature fruit

- 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 (15) recipes* of foods you have prepared.

- 6 recipes must be vegetable and/or fruit focused recipes,

- 4 must be protein based (poultry, fish, meat, or other protein dishes),

- 4 must be grain based.

- 1 can be free choice (no restrictions).

*Five of these recipes must be one-pot meals using or demonstrating knowledge of various kitchen appliances (examples: microwave, wok, slow cooker, pressure cooker).

Basic Skills Level 1 – Cooking 101 and Baking 1

511 110 01() Cookies – Dropped, rolled or no-bake cookies (e.g., no-bake cookies, sugar cookies, chocolate chip, chocolate drop, oatmeal cookies, peanut butter cookies, etc.) Exhibit **three** cookies. No frosting, icing, or glaze.

511 110 02() 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 03() 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 04() Cookies – Dropped or rolled cookies 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** cookies. No frosting, icing, or glaze.

511 110 05() Muffin 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** muffins. No frosting, icing, or glaze.

511 110 06() Biscuit 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** biscuits. No frosting, icing, or glaze.

Basic Skills Level 2 – Cooking 201 and Baking 2

511 120 01() Cookies – Bars, slice-and-bake, and shaped cookies (e.g., Brownies, refrigerator cookies, pressed cookies, rolled cookies, molded cookies, filled cookies, and shaped cookies.) Exhibit **three** cookies. No frosting, icing, or glaze.

511 120 02() Basic Quick Bread. Exhibit $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 05() Cookies – Bars, slice-and bake, and shaped cookies 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** cookies.

511 120 06() Quick Bread 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 $\frac{1}{4}$ of a large item.

511 120 07() Non-Yeast Coffee Cake 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 $\frac{1}{4}$ of a large item.

511 120 08() Scone 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 3 scones.

Expanding Skills Level 3 – Cooking 301 and Baking 3

511 130 01() Shortened Cakes (Use fat for flavor and texture. E.g., pound cake, oatmeal cake, carrot cake, Bundt cake, chocolate cake, etc.). No commercial mixes; No fillings or toppings (i.e., frosting, icing, glaze, powdered sugar, fruit, or nuts). Exhibit three individual items or $\frac{1}{4}$ of a large item.

511 130 02() Basic Dinner Rolls. May be 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 $\frac{1}{4}$ of a loaf.

511 130 04() Yeast Bread product, plain dough using all whole wheat flour. Exhibit $\frac{1}{4}$ of a loaf.

511 130 05() Yeast Bread product, plain dough using a combination of flours. Exhibit $\frac{1}{4}$ of a loaf.

511 130 06() Yeast Bread product (using all white flour) with added non-perishable ingredients (i.e., herbs, nuts, dried fruit, etc.) Exhibit $\frac{1}{4}$ of a loaf.

511 130 07() Shortened Cakes 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 $\frac{1}{4}$ of a large item.

511 130 08() Basic Dinner Rolls 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** rolls.

511 130 09() Yeast Bread 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 $\frac{1}{4}$ of a large item.

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

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 $\frac{1}{4}$ of a large item.

511 140 02() Flatbread – leavened recipe including yeast, baking powder or baking soda (Focaccia, Lavash, Pita, Pancake, etc.) Exhibit **three** individual items or $\frac{1}{4}$ of a large item.

511 140 13() Unleavened Flatbread - made without yeast, baking powder or baking soda (Tortilla, Lefse, Crepe, Gordita, Matzo, Chapatti or Roti) Exhibit **three** individual items or $\frac{1}{4}$ of a large item.

511 140 03() Yeast Bread Product, plain dough using an alternative grain product instead of or in addition to white flour (e.g., rye, spelt, buckwheat, oat etc.). Exhibit **three** individual items or $\frac{1}{4}$ of a large item.

511 140 04() Yeast Bread product (using flour other than all white flour) with added non-perishable ingredients (i.e., herbs, nuts, dried fruit, etc.) Exhibit $\frac{1}{4}$ of a loaf.

511 140 05() Yeast Bread product using special shaping. Exhibit **three** individual items or $\frac{1}{4}$ of a large item.

511 140 06() Single Pie Crust. Exhibit whole pie crust in disposable tin.

511 140 07() Specialty 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 08() Foam Cake 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 $\frac{1}{4}$ of a large item.

511 140 09() Focaccia Bread 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 $\frac{1}{4}$ of a large item.

511 140 10() Yeast Bread 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 $\frac{1}{4}$ of a large item.

511 140 11() Single Pie Crust 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 whole pie crust in disposable tin.

511 140 12() Specialty Pastry 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 $\frac{1}{4}$ of a large item.

All Skill Levels

Family Food Traditions

511 200 01() 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
- c) the source traditional recipe came from.
- d) Exhibit at least $\frac{1}{4}$ of baked product or three muffins, cookies, pita, tortillas, etc.

Cooking Up a Career

511 200 02() 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 must be **no larger than 9 X 12 inches.**

Food Preservation

Participants may enter **four** classes in their age division and up to **two** different exhibits per class. All foods entered must be made by the exhibitor.

Exhibit Recipes:

Participants must use recipes from reputable food preservation source and meet current USDA recommendations, located at nchfp.uga.edu. (The National Center for Home Food Preservation)

Reputable Sources include:

- <https://extension.oregonstate.edu/food/preservation> OSU Extension or Home Food Safety and Preservation Program
- other University Extension Services
- Ball Blue Book
- pectin package inserts
- [National Center for Home Food Preservation](http://NationalCenterforHomeFoodPreservation.org)
- [USDA complete Guide to Home Canning](http://USDAcompleteGuidetoHomeCanning.org)
- Current OSU Food Preservation publications can be found at <https://extension.oregonstate.edu/mfp/publications>.

Preparation of exhibit:

All products must have a **4-H Food Preservation Explanation Card (512-07)** that must be **thoughtfully and completely filled out by the 4-H'er with ALL information, and complete instructions/recipe**. Explanation Cards are available at the county Extension office or on the State 4-H website.

All containers must have a label or tape with member **name, county, and class number** placed on the bottom of the container, so product is visible.

Dried foods must be exhibited in jars or sturdy plastic bags, with labels securely attached. Make sure to follow the approved processing times listed for your product.

- Be sure all jars are properly sealed and Include jar rings on all canned products for safe transport.
- **Unsealed jars will be disqualified.**
- For judging, use clear jars only. Regular and wide-mouth Mason-type, threaded, home-canning jars with self-sealing lids are the best choice.
- Jars may be opened during the judging process.
- We strongly urge you to use smaller jars for your fair exhibits.
- Suggest 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 fair judging (to open) and one to come to state fair (if chosen).

Judging Criteria

Judging criteria are outlined on the evaluation sheets (see below) and available at the county Extension office or on the State 4-H website.

4-H Canned Fruit and Vegetable Evaluation (512-04) 4-H Jam Evaluation (512-01)

4-H Canned Meat and Fish Evaluation (512-05) 4-H Jelly Evaluation (512-02)

4-H Dried Foods Evaluation (512-06) 4-H Pickles and Relishes Evaluation (512-03)

4-H Canned Broth Evaluation (512-09) 4-H Flavored Vinegar Evaluation (512-08)

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

1. Junior
2. Intermediate
3. Senior

Basic Division Classes

Starred (*) items are suggested as beginning exhibits for first Food Preservation members.

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 10() *Cooked jam or jelly. One jar using commercial pectin. 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 12() Quick 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 19() Flavored Vinegars. One jar of flavored vinegar using commercial vinegar and flavor added using herbs, fruits, vegetables and/or spices.

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.

Advanced Division Classes (Intermediates and Seniors only)

512 111 21() Cooked jelly or jam, syrup or juice. All must be made from juice the 4-H'er 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 must be exhibited in pint or half pint jars. One jar processed in a pressure canner.

512 111 20() Canned Broth. One jar of canned broth (liquid only, no meat or vegetable pieces) 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.

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) must follow the recommendations for preparation in

[Making Jerky at Home Safely, PNW 632, May 2012.](#)