

DEPARTMENT – BUILDING EXHIBITS

SECTION - 4-H FOOD – NUTRITION

(Must be enrolled in the Foods and Nutrition Project)

SPECIAL RULES

1. Read General Rules. Violation of any of the following rules may result in disqualification. All decisions will be made by a county agent and their decision is final.
2. Member is limited to a combined total of three entries for food preparation classes and gift package. These three exhibits may be more than one per class, but must be different recipes. Member may also enter one educational exhibit and is eligible to enter the Food Preservation section.
3. Food and Nutrition exhibits will be judged by consultation evaluation of the products with the 4-Her and judge. Parents and leaders are welcome to listen in only. The ribbon placing will be marked on the card and the ribbon will be given to the 4-Her at time of evaluation. Refer to the 4-H area of the Fair Schedule for judging schedule and times.
4. For food safety purposes, any food with custard and dairy based fillings and frostings (ex. cream cheese), raw eggs, flavored oils, “canned” bread or cakes in a jar, cut fresh fruit or any food requiring refrigeration (ex. Bacon) or unbaked exhibit with raw flour (ex. No bake cookies) will be disqualified and not be judged. Refer to K-State Research and Extension publication, 4-H 888, Judges Guide for Food and Nutrition Exhibits for information to help you make informed, safe food exhibit decisions.
5. Alcohol is not allowed as an ingredient in food entries. Entries with alcohol in the recipe will be disqualified and not be judged.
6. All baked goods must be left whole and uncut. Small items, such as cookies and rolls, should be the same shape and from the same recipe. Exhibit 3 cookies, 3 muffins, 3 bread sticks, 1 loaf bread, etc.
7. Under baked entries will be lowered one or more ribbon placings.
8. All unfrosted cakes must be exhibited in an upright position with crust showing. The Exception is for those cakes made with special designs such as Bundt cakes. They must have top crust side down.
9. Any baked product that can be removed from the pan must be placed on a paper plate, covered cardboard or disposable container of appropriate size for the exhibit.
10. Exhibits must be in food grade plastic bags, disposable plastic containers, or boxes of appropriate size for the exhibit. For food safety, all products must be brought to the evaluation with protective coverings.
11. Only a portion of each product which is judged at the fair foods judging will be used to make club foods displays.
12. If selected for State Fair, a member may exhibit only one baked food product and one educational display.
13. **Educational Exhibits** - May be in the form of a poster, notebook or display. Follow copyright laws as explained in the General Rules as you are preparing your exhibit. Take care to select materials that will withstand Fair conditions. No card table displays. Posters must not be larger than 22" x 28". Displays must not be larger than a 2' x 3' tri-fold display board. Note: A collection of your favorite recipes in a recipe box or notebook does not constitute an educational exhibit. The exhibit will be judged 60 percent on nutrition information and 40 percent on appearance. All exhibits will be

displayed at the county fair.

14. **Food Gift Package** - No alcoholic beverages will be accepted. A nonperishable food gift package must contain at least 3 different food items (prepared for human consumption), made by the 4-Her, in a suitable container no larger than 18" x 18" x 18". Prepared food items must have recipes attached with entry. Additional homemade food items beyond the 3 minimum, or purchased items may also be included in the gift basket. Attach information answering these questions: a) what is the intended use; b) what food safety precautions were taken during and after preparation. Include total dollar cost of filled basket.
15. **Modified** non-perishable food product. Product must be modified from original recipe to nutritionally enhance the food product. Attach one - 8 ½ X 11-inch page (front and back) that includes Original Recipe, Modified Recipe, and Narrative to describe modifications made, why modifications were made and lessons learned such as nutritive value, or changes in appearance, doneness, aroma, flavor, tenderness and/or texture. Suggested resources: Altering Recipes for Better Health Purdue University: <http://www.extension.purdue.edu/extmedia/cfs/cfs-157-w.pdf>
Altering Recipes for Good Health Texas A&M University: <http://gillespie.agrilife.org/files/2013/02/Altering-Recipes-for-Good-Hea1.pdf>
16. **Non-perishable food products made using a pre-existing mix/food item** (baking mix, cake mix, refrigerated food items, etc.) Recipe must be included and indicate what pre-made item was used in the final food product.
17. Recipes are required for all food product exhibits including gift basket items.
18. A decorated food item must be a food item, not a decorated box. No State Fair Class.
19. Not responsible for any items left (pans, dishes, etc.).
20. No alcohol should be included as an ingredient in food entries. Entries with alcohol in the recipe will be disqualified and not be judged.

CLASSES – 4300: Non-Perishable Food Product, 9-11 Years Old

4301: Educational Exhibit, 9-11 Years Old

4302: Non-Perishable Food Product, 12-14 Years Old

4303: Educational Exhibit, 12-14 Years Old

4304: Non-Perishable Food Product, 15-18 Years Old

4305: Educational Exhibit, 15-18 Years Old

4306: Food Gift Package

4307: Modified Nonperishable Food Product

Decorated Non-Perishable Food Product (Not a State Fair Class)

Non-Perishable Food Product using Pre-Made ingredient (Not State Fair class)

Educational Exhibit, 7-8 Years Old (Not a State Fair Class)

Non-Perishable Food Product, 7-8 Years Old (Not a State Fair Class)

SECTION – TABLE SETTING**(Not required to be enrolled in the Foods and Nutrition Project)****Special Rules**

1. Table setting can be set up during foods judging and must be completed by 12:00 PM on Monday, July 29, 2019.
2. All supplies must be furnished and kept in order by the exhibitor. One-half of an 8-foot table will be provided for the 4-Her to set up. No food should be used. No alcoholic beverages will be accepted.
3. If cut flowers are used, they should be kept fresh looking.
4. The menu to be served should be displayed on a card no bigger than 5" x 7" (one course only). Card will be kept upon completion of judging. Label with name and club on the back. Menu may be displayed flat or setting up. Ingredients do not need to be listed.
5. An individual place setting may include linens, dishes, silverware/utensils and center piece for one place setting only.
6. Table cloth should not touch the ground and be well balanced.
7. Paper and plastic products are acceptable.
8. Conferenced judged. You will set-up your table prior to judging, but will sit with judge, discuss your choices, menu, table theme, and answer questions the judge may have. No adult help is allowed during presentations. Maximum time for presentation is 15 minutes.
9. Following judging all items will be left for public viewing during the fair week.
10. Not eligible for State Fair.

TS101 – Junior Age 7-10 – Individual place setting for family meal, company dinner, or special occasion.

TS102 – Intermediate Age 11-14 – Individual place setting for family meal, company dinner, or special occasion.

TS103 – Senior Age 15 and up – Individual place setting for family meal, company dinner, or special occasion.