

Leavenworth County Fair 2026

4-H Foods & Nutrition

Superintendent: Cathy Forge

Exhibit Judging: Monday, July 27th; 9:00am; 4-H Brown Building (consultation)

In this project, you will have fun learning how to cook the basics and then advance to gourmet and international meals. Develop baking skills, learn about food preservation, explore the heritage of many foods, and understand consumer buying skills. Learn how to make healthy snacks and modify recipes to fit a healthy lifestyle.

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. 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.
3. Complete **recipes** with ingredients and instructions **must be attached** with the entry, **or the placing will be lowered one ribbon when judged**.
4. For food safety purposes, any food with custard and dairy-based fillings and frostings (ex. Cream cheese **regardless of sugar content**) 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 judged.
5. Alcohol (ex. Wine, beer and hard liquor) is not allowed as an ingredient in food entries. Entries with alcohol 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 un-frosted cakes should be exhibited in an upright position with crust showing. The exception is for cakes made with special designs such as Bundt cakes. They should have top crust side down.

9. Attach label to bottom of plate or cardboard. Label templates are available [here](#), or make your own with the following information: Class Number, Food Product Name, 4-H member's Name, and County or District.
10. Any baked product that can be removed from the pan should be placed on a plate, covered cardboard or disposable container of appropriate size for the exhibit.
11. Exhibits should be in food grade plastic bags, disposable plastic containers or boxes of appropriate size for the exhibit. Only the exhibit is judged. The container is not judged. **Not responsible for any items left (pans, dishes, etc.).**
12. Attach the entry form, recipe, and evaluation form to the outside of the wrapped exhibit. Do not wrap forms in plastic.
13. The exhibitor is encouraged to attach a 3" x 5" index card with the entry card in all foods classes to give the judge any information which the exhibitor thinks would be helpful for the judge to know.
14. Only a portion of each product which is judged at the county fair will be used to make club foods displays.
15. **Frostings & Fillings:** For food safety purposes, any entries with frostings and fillings must calculate the amount of sugar in the frosting/filling recipe only. The calculation must be attached to entry, or the placing will be lowered one ribbon when judged. Frosting and fillings need to contain more than 65% sugar for safety.

Examples on how to calculate this percentage are included in the publication located at: <https://bookstore.ksre.ksu.edu/pubs/MF3544.pdf>

A worksheet is available at: https://bookstore.ksre.ksu.edu/item/frostings-and-fillings-worksheet_4H1171

An exception is German Chocolate Cake frosting, they are safe at room temperature.

16. **Educational classes:** 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 State Fair conditions. No card table displays are allowed. If the exhibit is a **poster**, it must not be larger than **22" x 28"**. **Displays** are not to exceed a standard commercial **3' x 4' tri-fold display board**. Name and county or district must be clearly marked on educational exhibits. The educational exhibit evaluation form will be provided at judging time. **NOTE:** A Page | 61 collection of your favorite recipes in a recipe box or notebook does not constitute an educational exhibit.
17. **Food Gift Package:** No alcoholic beverages will be accepted. A food gift package must contain **at least 3 different non-perishable food items** (prepared for human consumption), made by the 4-H member, in a suitable container no larger than 18"x18"x18". Prepared food items **must have recipes** attached with the entry. Additional homemade food items beyond the 3 minimum or purchased items may also be included in the gift basket. On the back of the entry card, answer these questions: a) what is the intended use; b) what food safety precautions were taken during and after preparation. This entry will count as a non-perishable food product, not as an educational exhibit. Home canned foods must follow Food Preservation rules. Canning jars should not be used for baking per manufacturer's instructions. They could break during baking. Any brand name products in the basket must have the labels covered. Do not cellophane wrap your basket. **All items in the gift basket must be non-perishable and if they have frosting or glaze, you must include the sugar percentage worksheet.**
18. **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.
19. A decorated food item must be a food item, not a decorated box. **Not a State Fair Class.**
20. Dried foods are to be exhibited in the Food Preservation Division.

Eligibility – 4-H members wishing to exhibit must be enrolled in the Foods & Nutrition project.

Quota – 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 are eligible to enter the Food Preservation section. If selected for State Fair, a member may exhibit only one baked food product and one educational display.

Scoresheets, Forms, and Contest Study Materials:

- [Foods Exhibit Evaluation Form](#)
- [Food Gift Basket Evaluation Form](#)
- [Foods Educational Exhibit Evaluation Form](#)

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 (Not a State Fair Class)

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

Non-Perishable Food Product using Pre-Made ingredient (Not a 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)

Resources

- [Project Area – Foods and Nutrition](#)
- [Foods Label](#)
- [And the Winner Is! Judging Tips and Food Safety](#)
- [When are Baked Goods Done?](#)
- [Judge’s Guide for Foods and Nutrition Exhibits](#)
- [Food Safety of Frosting and Fillings, MF3544](#)
- [Foods & Nutrition Project Spark Sheet](#)
- 4-H Cooking Curriculum Under the Project Materials drop down menu
 - 4-H Cooking 101: https://shop4-h.org/products/4-h-cooking-curriculum-101?_pos=12&_sid=beac80685&_ss=r
 - 4-H Cooking 201: https://shop4-h.org/products/4-h-cooking-curriculum-201?_pos=1&_sid=beac80685&_ss=r
 - 4-H Cooking 301: https://shop4-h.org/products/4-h-cooking-curriculum-301?_pos=2&_sid=beac80685&_ss=r
 - 4-H Cooking 401: https://shop4-h.org/products/4-h-cooking-curriculum-401?_pos=3&_sid=beac80685&_ss=r
 - 4-H Cooking Helper's Guide: https://shop4-h.org/products/4-h-cooking-curriculum-helpers-guide?_pos=4&_sid=beac80685&_ss=r
- [What’s on Your Plate Food Science Curriculum](#)