

# 4-H FOODS and FOOD PRESERVATION REQUIREMENTS--UPDATED FOR 2015!

## FOODS

For food competitions - Filling, frosting, glazing, pie filling, and meringue, (whether uncooked or cooked) are not permitted to contain cream cheese, sour cream, heavy cream, or whipped cream as the nature of these products increases the moisture content and water activity of the food. Foods with a higher moisture content and water activity can be ideal growing conditions for food borne pathogens, even if the ingredient is part of a batter and baked. Additionally, raw milk, raw milk products or uncooked eggs/egg whites are not permitted. Eggs/egg whites that have been cooked to 160°F (i.e. pasteurized or included as part of a batter and baked) are acceptable. No home-canned fruits, vegetables, or meats are permitted in products. Recipes must be provided that show which ingredients were used in each part of the product. 4-Hers should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods. 4-Hers should not be preparing food exhibits for competition within 48 hours of recovering from any illness. Whenever possible, baked products should be transported and stored in chilled coolers (41°F).

Judges and individuals who will consume products from county and state competitions should be informed that they are at risk for foodborne illness since the established policy cannot guarantee that an entry which may be a "potentially hazardous food" has been properly prepared or handled before, during or following the competition. Tasting of a food product is solely at the discretion of the judge. Judges are NOT to taste any low-acid or acidified preserved food, like green beans or tomato products, and are discouraged from tasting any other home preserved food.

Instructions for preparing food exhibits for display at State Fair (these instructions may be adapted for use in your county):

### **LABELING:**

1. Cover label with clear plastic wrap so that it will not become grease stained.
2. Tape label to the paper plate or container before the product is wrapped.

### **RECIPE OR INDEX CARDS:**

1. A recipe card or index card (no larger than 5 1/2" x 8 1/2") is required for all food exhibits.

Be sure to include all the information requested in the exhibit description, as well as your name, county, and the dept.-section-class numbers. It is recommended that you wrap the card in plastic wrap or in a plastic bag. Recipe cards will not be returned.

2. Since it is illegal in the State of Indiana for youth under the age of 21 to purchase or consume alcoholic beverages, 4-H members are to use recipes that do not include an alcoholic beverage as an ingredient. A suitable non-alcoholic or imitation product may be substituted.

## **HOW TO PREPARE PRODUCTS FOR DISPLAY.**

1. Most food products should be displayed on a sturdy paper or foam plate.
2. For cakes - cut a piece of cardboard about 1/2 inch larger than the bottom of the cake. Cover this cardboard with wax paper, plastic wrap, or foil before putting the cake on it.
3. Any product that may be sticky on the bottom, such as some fancy breads, should be put on round, square, or rectangle cardboard. Cover this cardboard with wax paper, plastic wrap, or foil before putting the food product on it.
4. Pies should be exhibited in disposable pie tin. Reusable containers or pans will NOT be returned from the Indiana State Fair.

## **EXHIBIT REQUIREMENTS—remember, a recipe card must be with EACH exhibit**

### **GRADE 3**

- Three snack-sized drop, molded or bar baked cookies. No glaze or frosting. Snack size should not be more than 3"

### **GRADE 4**

- Three muffins that contain an ingredient that is a source of Vitamin A or Vitamin C (no muffin liners).

### **GRADE 5**

- A square, oblong or round layer reduced-fat cake without frosting. Reduce the amount of fat in the recipe by using a fruit puree or baby food fruit product that does not contain yogurt. Include recipe card.

### **GRADE 6**

- Three no-yeast, any shape pretzels with a whole grain flour (shaped, stick, or nugget) OR 3 no-yeast sweet or savory rolled biscuits with a whole grain flour (no drop biscuits.) Include recipe card.

### **GRADES 7, 8, 9--It is suggested a participant choose a different option each year, but this is not a requirement.**

- Three (3) yeast bread sticks or yeast rolls (any shape, medium size - not a sweet roll), using a whole grain such as whole wheat, rye, oat bran, etc. Include recipe card. Participants are expected to learn how to knead bread dough by hand and allow it to rise appropriately. It is NOT acceptable to use a home bread maker.
- A yeast bread (can be loaf, braid, but not rolls) using a whole grain such as whole wheat, rye, oat bran, etc. Include recipe card. Participants are expected to learn how to knead bread dough by hand and allow it to rise appropriately. It is NOT acceptable to use a home bread maker.
- One package of a non-perishable, invented healthy snack (such as a granola bar, popcorn snack, trail mix, etc.). Your snack must include at least 2 food groups from MyPlate. Exhibit must include a separate folder containing a marketing plan with product name, recipe, how it will be packaged, a package design, where it will be sold and suggested selling price. Style your snack for a photo shoot and include the picture in your marketing plan. Label should include product name, date, quantity, and serving size.

**GRADES 10, 11, 12--** It is suggested a participant choose a different option each year, but this is not a requirement.

- A single or double crust baked fruit pie (no graham cracker crust). Include recipe card. (Note: Custards, cream, cream cheese frosting and fillings, and raw egg white frosting are not acceptable in an exhibit because they are highly perishable when left at room temperatures.)
- A non-perishable baked food product for a catered meal or special event in which organizers have requested low fat and/or reduced sugar items. With your food product, include a separate page outlining how this product is to be used at the event or a table display for the event. Make sure to note any ingredients that could cause an allergic reaction. The display should include a notebook outlining menu, supplies to buy, preparation schedule, equipment, table layout, etc. Display should be no larger than 16" deep x 22" wide x 28" high. Include index card with recipe.
- Select a condition in which people have to specifically modify their eating habits (diabetes, heart disease, Celiac disease, food allergies, etc.) Prepare a non-perishable baked food product appropriate for someone with this condition. With your food product, include a notebook summarizing the condition or allergy, nutrition considerations involved with the condition, a description of your baked item, and an explanation of how it fits within the nutrition considerations. Make sure to note any ingredients that could cause an allergic reaction. Include index card with recipe.

## **FOOD PRESERVATION**

### **RECIPE OR INDEX CARDS:**

1. A recipe card or index card (no larger than 5 1/2" x 8 1/2") is required for all Food Preservation exhibits. Be sure to include thawing instructions.

Be sure to include all the information requested in the exhibit description. It is recommended that you wrap the card in plastic wrap or in a plastic bag. Recipe cards will not be returned.

2. Since it is illegal in the State of Indiana for youth under the age of 21 to purchase or consume alcoholic beverages, 4-H members are to use recipes that do not include an alcoholic beverage as an ingredient. A suitable non-alcoholic or imitation product may be substituted.

### **FOOD PRESERVATION JARS/CONTAINERS:**

1. All canned products must have the ring on the jar top to protect the seal.

2. Frozen food exhibits (containers and food) will not be returned to the exhibitor from the state fair. Please display in freezer bags or disposable freezer containers.

**EXHIBIT REQUIREMENTS—Remember, include a recipe card EACH exhibit that includes defrosting and/or cooking (if applicable) instructions! Label with name of product, quantity, and date frozen/canned.**

**GRADE 3**

- A package of 3 baked, snack-sized frozen cookies. Display in freezer bag or freezer container

**GRADE 4**

- One package of frozen berries. Display in freezer bag or freezer container.

**GRADE 5**

- One uncooked frozen mini-pizza using whole-grain pita bread, English muffin, bagel, or already prepared crust (no larger than 7" in diameter) with toppings of your choice. Include at least 4 MyPlate food groups on your pizza. Meat toppings such as hamburger, sausage, bacon, etc. must be cooked. Display on covered cardboard inside freezer bag. Include index card with recipe and instructions for cooking.

**GRADE 6**

- One package of any frozen vegetable or combination vegetables. Display in freezer bag or freezer container.

**GRADES 7, 8, 9--** It is suggested a participant choose a different option each year, but this is not a requirement.

- One (1) container of freezer jam. Include storing instructions on recipe card.
- One jar of a canned tomato product using the Hot Pack Method for a boiling water bath canner, such as tomato juice, catsup, barbecue sauce, or salsa. Include index card with recipe and instructions for cooking or using the product. Note: Only food preservation products made using USDA approved or Ball Blue Book recipes are acceptable.
- One jar of a canned pickled product or canned pickles. Include processing and storage instructions on recipe card. (Products using a fancy pack are not accepted.) Label with name of product, quantity, and date canned. Note: Only food preservation products made using USDA approved or Ball Blue Book recipes are acceptable.

**GRADES 10, 11, 12--** It is suggested a participant choose a different option each year, but this is not a requirement.

- One jar of pressure canned vegetables, meat or combination product, such as soup, stew, spaghetti sauce with meat, etc. (Products using a fancy pack are not accepted.) Label with name of product, quantity, and date canned. Note: Only food preservation products made using USDA approved or Ball Blue Book recipes are acceptable.
- One package of a combination food frozen entree in freezer container. The combination food should contain 3 food groups from MyPlate. Include reheating instructions on recipe card. Display in disposable containers.
- A jar of cooked jam or a reduced-sugar fruit spread.