

“BAKE WITH A MIX” - No State Fair Exhibit

This project is designed to allow the use of a purchased box or package mix as one of the ingredients in a recipe. The exhibited product cannot be the result of using the standard ingredients and following the basic instructions with the mix. The mix is to be used as a base with other added ingredients to create a new **non-perishable product**. 4-H'ers may create their own recipe or use suggestions from a box or package mix, cookbook, or project manual.

- ❖ **All exhibits are to be baked items.**
- ❖ The recipe is to be exhibited with the product. Be sure to include **ALL** ingredients. The recipe should be on an index card (5”X8”). It can be obtained at the Extension Office. It must be covered in some fashion, i.e. clear plastic wrap, baggie, etc.
- ❖ All products must be exhibited on a disposable paper or Styrofoam plate, cardboard, etc.
- ❖ Products too large for a plate should be exhibited on a sturdy disposable board, covered with foil, freezer paper, waxed paper, etc.
- ❖ Disposable display board or plate should be at least 1 inch larger than exhibited product but suggested no larger than 2 inches more than the product.
- ❖ All materials must be disposable including covering. 4-H member may choose a covering but not required.
- ❖ The use of fresh fruit garnishes are left to the discretion of the exhibitor.
- ❖ No alcoholic beverages are to be used in recipes. Substitutes could be ginger ale, fruit juice, etc.



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. Contestants should carefully wash their hands and make sure that their hands do not have any open cuts before preparing foods. Contestants 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)..

“BAKE WITH A MIX” – continued

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.

Consumers of competitive food exhibits being sold at auction or used for hospitality purposes should be notified they could be 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.

Purdue Extension Food Safety Policy (revised 11/2013)

★**Curriculum** –Cass County Bake With A Mix manual – first year; Cass County Bake With A Mix record sheet & recipe card every year.

Level 1 – Grades 3, 4, 5:

4-H'ers are to exhibit a different cookie or brownie recipe in each year of the Beginner category.

1. Using a purchased mix, add at least two ingredients different than those listed on the package directions to create cookies or brownies.
2. Cookies or brownies may include a **non-perishable** frosting or topping.

3. Exhibit **six** baked drop, molded or bar cookies or brownies. Also exhibit the product recipe on a 5"x8" covered recipe card.
4. Turn in a completed record sheet with your exhibit.

Level 2 – Grades 6, 7, 8:

4-H'ers are to exhibit a different cake or bread recipe in each year of the Intermediate category.

1. Using a purchased mix, add at least two ingredients different from those listed on the package directions to create a bread or cake. Cake products may be round, square, rectangle, bundt, single or double layer and may include **non-perishable** topping or frosting. (Yeast may be one of the added ingredients.)
2. Exhibit cake or bread with the product recipe on a 5"x8" covered recipe card. No cupcakes, rolls, muffins or any other type multiple items can be exhibited in intermediate division.
3. Turn in a completed record sheet with your exhibit.

Level 3 – Grades 9, 10, 11, 12:

4-H'ers are to exhibit a different recipe in each year of the Advanced category.

1. Using a purchased mix, add at least two ingredients different from those listed on the package directions to create a non-perishable baked product. (Yeast may be one of the added ingredients.)
2. If exhibiting cookies, muffins, rolls, etc. – exhibit **six** items.
3. Baked product may include a **non-perishable** topping, or frosting.
4. Exhibit baked product with the product recipe on a 5"x8" covered recipe card.
5. Turn in a completed record sheet with your exhibit.



All food will be returned to the 4-H member if present. Pictures will be taken of the 4-H'er and exhibit for display purposes.

**Look at the current year project
guidelines for exhibit due dates
and locations.**