

*4-H FOODS

The foods project includes baked items. You may exhibit a food item and/or do an action demonstration to complete this project. Champions will be given to the winning foods exhibit in each grade level. Grand Champions and Reserve Grand Champions will be given for foods.

TERMS AND CONDITIONS

1. 4-H Foods exhibits will be disposed of as decomposition merits. Foods entered for exhibit should be considered as "non-returnable" to the exhibitor due to their deterioration.
2. Project manuals are not required at the County or State Fair.
3. **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 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.

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.

4. **Labeling Suggestions**
 - Cover label with clear plastic wrap so that it will not become grease stained.
 - Tape label to the paper plate or container before the product is wrapped.
5. **Recipe or Index Cards**
 - A recipe card or index card (no larger than 5 ½" x 8 ½") **is required for all food exhibits.** Be sure to include the recipe source all the information requested in the exhibit description, as well as your name, county, and the grade level/exhibit option. It is recommended that you wrap the card in plastic wrap or place it in a plastic bag. Recipe cards will not be returned.
 - 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.
6. **How to Prepare Products for Display**
 - Most food products should be displayed on a paper or foam plate.
 - For cakes - cut a piece of cardboard about ½" larger than the bottom of the cake. Cover this cardboard with wax paper, plastic wrap, or foil before putting the cake on it.
 - Any other 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.
 - Food exhibits will be returned to the exhibitor at the time of judging. A portion of this project will be kept for display.
 - Pies at county level can be exhibited in ceramic, glass (preferred), metal or disposable pan of exhibitor choice. **NOTE: If exhibitor is selected for state fair exhibit, pie MUST be exhibited in disposable pie tin. Containers will not be returned from state level.**

EXHIBITS

LEVEL A, Grade 3

- Three snack-sized (approximately 2” - 3” individual size) drop, molded or bar baked cookies. Include recipe card and display on a dessert size paper or foam plate.
- An interactive demonstration. (If you plan to present a demonstration you need to notify the Extension Office two weeks prior to the fair.

LEVEL A, Grade 4

- Three standard size muffins that contain an ingredient that is a source of Vitamin A or Vitamin C (no muffin liners). Include recipe card.
- An interactive demonstration. (If you plan to present a demonstration you need to notify the Extension Office two weeks prior to the fair.

LEVEL B, Grade 5

- A square, oblong or round layer reduced-fat cake without icing. 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.
- An interactive demonstration. (If you plan to present a demonstration you need to notify the Extension Office two weeks prior to the fair.

LEVEL B, Grade 6

- Three no-yeast, any shape pretzels with a whole grain flour mixture (shaped, stick, or nugget) OR three no-yeast sweet or savory rolled biscuits with a whole grain flour (no drop biscuits). Include recipe card.
- An interactive demonstration. (If you plan to present a demonstration you need to notify the Extension Office two weeks prior to the fair.

LEVEL C, Grades 7, 8, 9

Exhibitors may choose one baked product from the following list. 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 flour mixture 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.
- An interactive demonstration. (If you plan to present a demonstration you need to notify the Extension Office two weeks prior to the fair.
- A yeast bread (can be loaf, braid, but not rolls) using a whole grain flour mixture 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 your snack product and 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.

LEVEL D, Grades 10, 11, 12

Exhibitors may choose one baked product from the following list. 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).
- An interactive demonstration. (If you plan to present a demonstration you need to notify the Extension Office two weeks prior to the fair.
- 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. Exhibit will include your food product and a notebook outlining how this product is to be used at the event, menu, supplies to buy,

preparation schedule, equipment, table layout, etc. A table display is optional and 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. Exhibit will include your food product and 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.