

*4-H FOODS: FOOD PRESERVATION

TERMS AND CONDITIONS

1. 4-H Food Preservation 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 preservation exhibits.** Be sure to include the recipe source and 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. **Food preservation jars/containers**
 - All canned products must have the ring on the jar top to protect the seal.
 - Containers will NOT be returned
7. **How to prepare products for display**
 - Frozen food exhibits (containers and food) will not be returned to the exhibitor. Please display in freezer bags or disposable freezer containers.

EXHIBITS

LEVEL A, Grade 3

- One package of three baked, snack-sized frozen cookies. Display in freezer bag or freezer container. (NOTE: Freezer containers will not be returned). Include index card with recipe and instructions for defrosting. Label with name of product, quantity, and date frozen.
- 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

- One package of frozen berries. Display in freezer bag or freezer container. (NOTE: Freezer containers will not be returned). Include index card with recipe and instructions for cooking or defrosting. Label with name of product, quantity, and date frozen.
- 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

- 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. Label with name of product, quantity, and date frozen.
- 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

- One package of any frozen vegetable or combination vegetables. Display in freezer bag or freezer container. (NOTE: Freezer containers will not be returned). Include index card with instructions for defrosting and cooking. Label with name of product, quantity, and date frozen.
- 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 preserved product from the following list. It is suggested a participant choose a different option each year, but this is not a requirement.

- One (1) container of freezer jam. Include index card with recipe and instructions for storing. Label with name of product, quantity, and date frozen.
- 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. 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 jar of a canned pickled product or canned pickles. Include index card with recipe, processing, and storage instructions. (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. (*Dept. 412/Section FD/Class 92*)
- An interactive demonstration. (If you plan to present a demonstration, you need to notify the Extension Office two weeks prior to the fair.

LEVEL D, Grades 10, 11, 12

Exhibitors may choose one preserved product from the following list. 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. Include index card with recipe and instructions for cooking or using the product. (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 entrée in freezer container. The combination food should contain 3 food groups from MyPlate. Exhibit should include an index card with recipe and instructions for reheating. Display in disposable containers. No containers will be returned. Label with name of product, quantity, and date frozen.
- A jar of cooked jam or a reduced-sugar fruit spread. Include recipe card. Label with name of product, quantity, and date made.
- An interactive demonstration. (If you plan to present a demonstration, you need to notify the Extension Office two weeks prior to the fair.