

Baked & Preserved Foods

Judging - Tuesday, June 30, at 6pm at the Extension Office; Main Hall.
Champion from each grade and activity to State Fair.



Do you want to learn more about nutrition and MyPlate? Contact the Extension Office at (574) 372-2340!

****Please also refer to the Policies and Procedures beginning on page 2 and the General Project Rules on page 20.***

Exhibit Requirements (Participants may exhibit one baked and/or one preserved item per grade)

Level A, Grade 3

- Three snack-sized (approximately 2"-3" individual size) drop, molded or bar baked cookies. No glaze or frosting. Include recipe card and display on a dessert size paper or foam plate.
- A package of 3 baked, snack-sized (approximately 2"-3" individual size) 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.

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.
- 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.

Level B, 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.
- 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.

Level B, Grade 6

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

Level C, Grade 7, 8, 9

Exhibitors may choose one baked and/or one preserved product from the following list. It is suggested a participant choose a different option each year, but this is not a requirement.

BAKED PRODUCT OPTIONS:

- 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.

- 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 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.

PRESERVED PRODUCT OPTIONS

- 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.

Level D, Grade 10, 11, 12

Exhibitors may choose one baked and/or one preserved product from the following list. It is suggested a participant choose a different option each year, but this is not a requirement.

BAKED PRODUCT OPTIONS:

- 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. 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.

PRESERVED PRODUCT OPTIONS:

- 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 entree 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.



Microwave Cooking

Judging - Tuesday, June 30, at 1pm at the Extension Office; Main Hall.
No State Fair exhibit

**Please also refer to the Policies and Procedures beginning on page 2 and the General Project Rules on page 20.*

All items prepared for exhibit for this project must be made in a microwave oven.

Level A

Grade 3 – exhibit a microwave snack—quart size bag

Grade 4 – exhibit fudge—6 1” pieces

Level B

Grade 5 – exhibit bar cookies or brownies—6

Grade 6 – exhibit an upside-down cake—8 or 9 inch pan

Level C

Grade 7 – exhibit a fruit crisp—8 or 9 inch pan

Grade 8 – exhibit a coffee cake—8 or 9 inch pan

Grade 9 – exhibit candy 6 pieces

Level D

Grade 10 – exhibit a double layer or Bundt cake

Grade 11 – exhibit a pie

Grade 12 – exhibit a jam or jelly

Healthy Living Projects



Child Development

Judging - Tuesday, June 30, at 1pm at the Extension Office; Auditorium.
1 Champion from each level to State Fair.

**Please also refer to the Policies and Procedures beginning on page 2 and the General Project Rules on page 20.*

Exhibit Options:

Poster or Binder Notebook

Binder notebook:

- Blank area on front of to place 3” x 4” project label.
- Title page inside binder naming activity (or activities in Levels C & D)
- Pages of activity and explanation to follow title page.
- Photographs are helpful to show the activity being used or assembled.
- Optional: Plastic sheet protectors, page decorations, binder cover decoration, etc.

Display: