

Foods: Foods Preservation

Project Leader: Pat Burkhalter

Phone: 765-654-2329

Email: burkhalt@purdue.edu

PROJECT DESCRIPTION:

Members are required to complete a minimum of three (3) activities from the manual each year they are in the project. Within the two or three years of the project, members should have completed at least one activity in each category in the project manual. Participants may exhibit one baked and/or one preserved item per grade. If all project requirements are not met, projects will be judged on merit but not considered for honor or champion.

A member may exhibit a preserved exhibit and/or do an interactive demonstration. Contact the 4-H Extension Educator to schedule an action or interactive demonstration time.

Labeling Suggestions:

1. Pre-printed name labels are available at the Extension Office.
2. Cover name label with clear plastic wrap so that it will not become grease stained.
3. Tape name label to the paper plate or container before the product is wrapped.

Recipe or index cards:

1. A 5" X 8" recipe card (covered in plastic) **is required for all food exhibits**. Be sure to include all the information requested in the exhibit description, as well as your name, and 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. Frozen food exhibits (containers and food) will not be returned to the exhibitor. Please display in freezer bags or disposable freezer containers. If you would like to retrieve your frozen food item from the freezer that may be done after the fair. Building Project Superintendent should be notified in advance of your intent to retrieve your frozen food item.
2. All canned products must have the ring on the jar top to protect the seal.

LEVEL A: GRADE 3 (FIRST YEAR)

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 (SECOND YEAR)

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 (FIRST YEAR)

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 (SECOND YEAR)

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 preserved product from the following list. It is suggested a participant choose a different option each year, but this is not a requirement.

1. One container of freezer jam. Include index card with recipe and instructions for storing. Label with name of product, quantity, and date frozen.
2. 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.
3. 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 preserved product from the following list. It is suggested a participant choose a different option each year, but this is not a requirement.

1. 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.
2. 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.
3. A jar of cooked jam or a reduced-sugar fruit spread. Include recipe card. Label with name of product, quantity, and date made.

STATE FAIR ENTRY: one preserved product each grade level