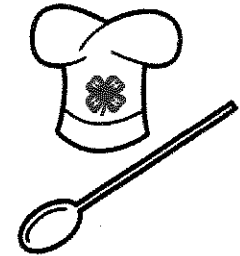


FOODS

(Foods Preparation is baking; Foods Preservation is canning or freezing)



PROJECT SUPERINTENDENT: Food Preparation	Cheryl Armstrong, 317-752-4715, carmstro@iupui.edu
EXHIBIT CHECK-IN: Preparation, Levels A, B, and C (Yeast breadstick or rolls ONLY)	Wednesday, July 14, 8-9 AM
JUDGING	Wednesday, July 14, 9 AM, Open Judging (5 Judges)
EXHIBIT CHECK-IN: Preparation, Levels C (All other), D	Wednesday, July 14, 11:30 AM-12:30 PM
JUDGING Preparation, Levels C (All other), D	Wednesday, July 14, 12:30 PM, Open Judging
PROJECT SUPERINTENDENT: Food Preservation	Lynne Burrow, 317-697-6336, neenburrow@aol.com
EXHIBIT CHECK-IN: Preservation, Grade 3-6	Wednesday, July 14, 8-9 AM
JUDGING Preservation, Grade 3-6	Wednesday, July 14, 9 AM, Open Judging
EXHIBIT CHECK-IN: Preservation, Grade 7-12	Wednesday, July 14, 10-11 AM
JUDGING Preservation, Grade 7-12	Wednesday, July 14, 11 AM, Open Judging
FOOD AUCTION:	Sunday, July 18, 5 PM
RELEASE:	Tuesday, July 20, 9-11 AM and, 5-7 PM
STATE FAIR ENTRIES:	Preparation is ten (10) entries and Preservation is ten (10) entries

Project Description:

From snacks to gourmet meals, 4-H Foods and Nutrition projects provide members with the knowledge and skills they need to select, purchase, prepare, and preserve a healthy variety of foods. Discover why cake rises, what makes yeast grow, and other fun food experiments. Practice making smart food choices using **MyPlate**.

Levels:

<u>Level A</u>	Grades 3-4
<u>Level B</u>	Grades 5-6
<u>Level C</u>	Grades 7-9
<u>Level D</u>	Grades 10-12

Project Guidelines:

Manual:

- Each year 4-H'ers are required to complete a minimum of three (3) different manual activities. It is recommended that each of the three (3) activities come from three (3) different sections of the manual. 4-H'ers are encouraged to complete the manual activities that relate to the exhibit requirement.

Exhibit Requirements:

1. **Fillings, frostings, glazes, and meringues are not permitted to contain cream cheese, sour cream, heavy cream, or whipped cream if they are not fully cooked/baked. These items are allowed as ingredients in food products IF the final product is cooked/baked.**
2. **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.**
3. **No home-canned fruits, vegetables, or meats are permitted as ingredients in food products.**
4. **Fresh-cut, uncooked, fruits and/or vegetables are not permitted to be used in food products or used as garnishes for the product.**
5. **Foods should be transported to the competition in a way that minimizes contamination and maintains the quality of the food (i.e. foods that are judged as frozen should remain frozen at all times).**
6. **Recipes must be provided that identifies all ingredients that were used in each part of the product. Any ingredient that could be a potential allergen must be clearly identified. Each food product must be labeled with the following information:**
 - Name
 - Date the food product was made
7. **4-H'ers should carefully wash their hands and make sure their hands do not have any open cuts before preparing food. If cuts are present, the wound should be bandaged and a single use food service glove worn on the hand during all stages of food production.**
8. **4-H'ers should not be preparing food exhibits for competition within 48 hours of recovering from any illness. People experiencing symptoms of vomiting, diarrhea, fever, and/or jaundice should not be allowed to prepare food.**
9. **Judges and individuals who will consume products from county and/or state competitions should be informed that they are at risk for foodborne illness since the established policy cannot guarantee that an entry has been properly prepared or handled before, during, or following the competition. The food products for competitions are home produced and processed and the production area is not inspected by the Indiana State Department of Health. Tasting of a food product is solely at the discretion of the judge and consumers. Judges are NOT to taste any home preserved foods such as low-acid or acidified foods like green beans, tomatoes or tomato products, jam/jellies/fruit preserves or fermented products produced in the home.**

Exhibit Labeling Suggestions:

1. Clearly print your name, grade, 4-H Club, and Title of Recipe on exhibit tag.
2. Tape exhibit tag to the top of the covered product.
3. Only (1) one exhibit tag is needed.

Recipe Cards:

1. A recipe card (no larger than a half sheet of letter size cardstock i.e. 5½" x 8½") is required for all food preparation and food preservation exhibits. Include the recipe source and all the information requested in the exhibit description, as well as your name, county, grade level/exhibit option, and 4-H Club.
2. Recipe cards can be neatly handwritten or word processed.
3. Place recipe card in a quart or gallon size zippered plastic bag. Recipe cards will not be returned.
4. Since it is illegal in the State of Indiana for youth under the age of 21 to purchase or consume alcoholic beverages, 4-H'ers 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 Food Products for Display

Baked Food Products:

1. Cookies should be displayed on a small (6"-7") white disposable paper or foam plate. Slip cookies/plate into a gallon zippered plastic bag.
2. Muffins, Pretzels/Biscuits, and Yeast Rolls should be displayed on a large (9"-11") white disposable paper or foam plate. Slip plate into a 1 or 2-gallon zippered plastic bag.

3. Cakes— Display 8"-9" round cakes on a large (9"-11") white disposable paper or foam plate. Or cut a piece of cardboard about 1" larger than the bottom of the cake and cover cardboard with foil before putting the cake on it. Slip plate or cardboard into 2-gallon zippered plastic bag.
4. Bread Loaves— Display on a round, square, oblong, or rectangular piece of cardboard covered with foil. Slip cardboard into 2-gallon zippered plastic bag.
5. Pies can be exhibited in disposable, glass, or metal pie plates. Non-disposable plates may be picked up after the judging, but cannot be guaranteed to be returned to the 4-H'er. Please include name and phone number on bottom of pie plate.

Preserved Food Products:

1. All canned products must have the ring on the jar top to protect the seal. ALL FOOD PRESERVATION items will be opened during judging (food items will be disposed of- containers may be picked up). Containers not picked up immediately after judging will be discarded. Make at least two (2) items in preparation of a State Fair entry.
2. All Food Preservation frozen items must be brought in and kept in a cooler with ice during judging. Coolers will be available for pickup after judging is completed. **PLEASE PUT NAME ON COOLER.**
3. Food Preservation please display in freezer bags or disposable freezer containers. (Freezer space will NOT be available).

Champion Foods Auction

Those 4-H'ers receiving a champion in the food preparation or food preservation area will have the opportunity to prepare an additional "champion product" for the foods auction. The auction will be held Sunday, July 18, 2021 at 5:00 p.m. Those receiving a champion in the foods preparation project should have their product at the 4-H grounds by 4:00 p.m. Check in the fair office for more information.

Specific Manual and Exhibit Requirements:

Level A: Grades 3-4

Each year, members are required to complete a minimum of three (3) activities from the manual. Within the two (2) year project period, members should have completed a minimum of six (6) activities.

Grade 3

Preparation

- Three (3) snack-sized (approximately 2" - 3" individual size) drop, molded, or bar baked cookies.
- No glaze or frosting. Granulated or powdered sugar is acceptable.
- Participants are expected to learn how to prepare cookies from scratch. It is NOT acceptable to use a mix.

Preservation

- A package of three (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.

Grade 4

Preparation

- Three (3) standard size muffins that contain at least one (1) ingredient that is a source of Vitamin A or Vitamin C.
- Do not use muffin liners.
- Participants are expected to learn how to prepare muffins from scratch. It is NOT acceptable to use a mix.

Preservation

- One (1) 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 defrosting. Label with name of product, quantity, and date frozen.

All Food Preservation frozen items must be brought in and kept in a cooler with ice during judging. Coolers will be available for pickup after judging is completed.

Level B: Grades 5-6

Each year, members are required to complete a minimum of three (3) activities from the manual. Within the two (2) year project period, members should have completed a minimum of six (6) activities.

Grade 5

Preparation

- A SINGLE-LAYER square, oblong, or round reduced-fat cake.
- Reduce the amount of fat in the recipe by substituting SOME of the original fat (butter, margarine, shortening, or oil) with a fruit puree or baby food fruit product that does not contain yogurt.
- No fillings, glaze, or frosting. Powdered sugar or dry crumb toppings are acceptable.
- "Upside-down" single layer cakes are acceptable.
- Participants are expected to learn how to prepare a cake from scratch. It is NOT acceptable to use a mix.

Preservation

- One (1) 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 four (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 defrosting and cooking. Label with name of product, quantity, and date frozen.

All Food Preservation frozen items must be brought in and kept in a cooler with ice during judging. Coolers will be available for pickup after judging is completed.

Grade 6

Preparation

- Three (3) no-yeast, any shape whole grain pretzels (pretzel shaped, stick, or nugget) OR three (3) no-yeast sweet or savory rolled whole grain biscuits (no drop biscuits).
- Increase the amount of whole grain in the recipe by replacing SOME of the original amount of refined flour with a whole grain flour such as whole wheat, rye, oat bran, etc.
- Participants are expected to learn how to prepare pretzels/biscuits from scratch and practice kneading. It is NOT acceptable to use a mix or to "drop" the pretzels or biscuits.

Preservation

- One (1) 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.

All Food Preservation frozen items must be brought in and kept in a cooler with ice during judging. Coolers will be available for pickup after judging is completed.

Level C: Grade 7-9

Each year, members are required to complete a minimum of three (3) activities from the manual. Within the three (3) year project period, members should have completed a minimum of nine (9) activities.

Exhibitors may choose one (1) baked and/or one (1) preserved product from the following list. It is suggested a participant choose a different option each year, but this is not a requirement.

Preparation

- Three (3) whole grain yeast bread sticks or yeast rolls (any shape, medium size- not a sweet roll). Increase the amount of whole grain in the recipe by replacing SOME of the original amount of refined flour with a whole grain flour such as whole wheat, rye, oat bran, etc. 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 or a bread mix.
- A yeast whole grain bread (can be loaf, braid, but not rolls). Increase the amount of whole grain in the recipe by replacing SOME of the original amount of refined flour with a whole grain flour such as whole wheat, rye, oat bran, etc. 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 or a bread mix.
- One (1) package of a non-perishable, invented healthy snack (such as a granola bar, popcorn snack, trail mix, etc.). Your snack must include at least two (2) food groups from MyPlate. Exhibit must include your snack product and a separate notebook outlining 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. Each snack should be individually wrapped and be labeled with the product name, date, quantity, and serving size.

Preservation

- 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 (1) 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 (1) 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.

All Food Preservation frozen items must be brought in and kept in a cooler with ice during judging. Coolers will be available for pickup after judging is completed.

Level D: Grades 10-12

Each year, members are required to complete a minimum of three (3) activities from the manual. Within the three (3) year project period, members should have completed a minimum of nine (9) activities.

Exhibitors may choose one (1) baked and/or one (1) preserved product from the following list. It is suggested a participant choose a different option each year, but this is not a requirement.

Preparation

- A single or double crust **BAKED** fruit pie (no graham cracker crust). Custard, Cream Cheese, Gelatin filled pies, or Meringue Covered Pies are not acceptable 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.
- 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.

Preservation

- One (1) 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 (1) package of a combination food frozen entree in freezer container. The combination food should contain three (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.

All Food Preservation frozen items must be brought in and kept in a cooler with ice during judging. Coolers will be available for pickup after judging is completed.

