

Dept.25 Foods and Nutrition

Rules Governing Exhibits

All exhibits must be entered between 10 a.m. - 7 p.m. on Tuesday. Judges will break for lunch. Open to 4-H members enrolled in the Food and Nutrition project. Also FCCLA, FFA members or members of other youth groups doing equivalent work

Face-to-Face Entries

- Entries in Division C should be displayed in exhibitor's own containers and taken home the same day. Perishable foods should be brought in an insulated container. A microwave will be available for reheating foods.
- Judges will be asking questions concerning nutritional value
- All exhibitors may select one entry, in addition to their Division C entries, to show face-to-face on Tuesday. This does not limit the number of Division B entries an exhibitor can take.

All Entries

- All entries may be tasted by the judges
- All non-face-to-face entries will be judged according to the Danish system on Wednesday of the Fair
- Exhibitors are responsible for wrapping their own entries. Baked goods should be wrapped in clear (non-colored) wrap or size appropriate plastic bag. Entry tag and recipe card should be stapled to a standard 6" white paper plate. Please do not put recipe card and plate in bag with baked product.
- Recipes for all exhibits (including face-to-face) must be attached to exhibit
- All exhibits not conforming to size or number regulations as stated in the premium list will be disqualified
- Do not make muffins in liners
- Nuts and raisins are allowed unless prohibited in Class number. No mixes or prepackaged goods (i.e. cookie dough) allowed in any category. No frosting except where noted. No mixes allowed as part of recipe.
- Members of the same family can exhibit under the same Class number. Each family member must prepare their own entry..
- All foods in Division A & B will be considered unsafe for consumption at the end of the Fair and will be discarded
- Foods Project not open to youth enrolled in FFA
- All youth are expected to collect their ribbons on Sunday evening (from 5-7 p.m.) during "project pick-up". Ribbons will not be saved for clubs.

Food Preservation

- All entries entered Tuesday and judged Wednesday, except face-to-face entries and freezer jams
- Exhibits must be in standard, clear glass, jelly, pint, 1½ pint or quart jars. Standard jars only (brand name such as Ball or Kerr must be imprinted on the side of the jar. For Division E, crystal quilted Ball and Kerr jars are acceptable.) No metal rings on jar, just center lid. No ribbons or decorations around rims, as this obstructs the judge's view. Freezer jams may be shown with ring.
- Judge will have the privilege of opening jars if they desire. Food must be preserved after August of the previous year.
- Vegetables should be pressure cooker processed only. Hot water bath method unacceptable. (Does not include pickles or pickled products). Use WI Safe Food Series found at <https://learningstore.uwex>
- An index card must be attached to each jar, containing the recipe on one side and the following information on the other side (Example below)
- How to attach entry tag and recipe card: punch a hole ½" from corner. String rubber band through cards then back through other end of rubber band. Pull to secure cards. Place rubber band around neck of jar. (Example will be available at registration table)
- No freezer jams except where listed

Jams and Jellies

All jams and jellies except freezer jam should be processed five minutes in hot water bath, no paraffin. Standard jelly or pint jars should be used for processing. Class with an * will be face-to-face judging.

Sample Index Card

Exhibitor's Number	_____
Name of Product	_____
Method of Processing	_____
	(Specify pressure cooker, steam processor, or hot water bath)
Type of Pack	_____
	(Specify hot or cold pack)
Length of Time of Processing	_____
Date of Processing	_____
	Month / Day / Year

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Division A-H Premiums

1st - \$2.00 2nd - \$1.75 3rd - \$1.50 4th - \$1.25

Division A-Baking	Class Numbers		
	Grades3-5	Grade6-8	Grade9-13
No Bake Cookies, Three	1		
Peanut Brittle, Two pieces (cooked or microwaved)	2		
Caramel Popcorn, One Cup (baked or microwaved)	3		
White Yeast Bread made with Bread Machine (1/4 loaf, end piece)	4		
Dark Yeast Bread made with Bread Machine (1/4 loaf, end piece)	5		
Muffins Prepared in Microwave, Three	6	7	
Quick Bread Muffins, Three (corn meal, standard, bran, or whole wheat)	8	9	
Fruit Muffins, Three	10	11	
Fruit Quick Bread (1/3 loaf, end piece)	12	13	14
Vegetable Quick Bread (1/3 loaf, end piece)	15	16	17
Standard Drop Cookies, Three	18	19	20
Molded Cookies, Three (i.e. peanut butter)	21	22	23
Baked Bar Cookies, Frosted or Unfrosted, Corner Piece (3" square, no cream cheese foods)	24	25	26
Collection of Nationality Cookies, May be Frosted (2 each, 3 kinds, must include name and geographic origin)	27	28	29
Cake (i.e yellow, chocolate, 3" square from corner, no coffee cakes or cakes from tube pans)	30	31	32
Fudge, Two Pieces, Nuts Optional (1"x1")	33	34	35
Coffee Cake (3" square from corner)		36	
Butter Crunch Toffee, Two Wrapped Pieces		37	
Soft Yeast Pretzels, Two		38	
Yeast Dinner Rolls, Three		39	
Collection of Quick Breads (1/3 loaf, end piece, two kinds)		40	41
Rolled Baking Powder Biscuits, Three		42	43
Pressed Cookies, Three (i.e. spritz)		44	45
Rolled Cut-out Sugar Cookies, Three		46	47
Homemade Caramels, Two Wrapped Pieces		48	49
Angel Food Candy, Two Pieces		50	51
Strawberry Divinity, Two Pieces		52	53
White Yeast Bread (1/3 loaf, end piece)		54	55
Whole Wheat Yeast Bread (1/3 loaf, end piece)		56	57
Homemade Rolled and Baked Pie Crust (entire crust formed in pie pan with fluted edges)		58	59
Apple Turnover or Pocket, One, Glaze Permitted (no prepared fruit fillings or purchased pie crust)		60	61
Collection of a Quick Muffin with One Variation (One plain muffin, one variation)		62	63
Plain Refrigerator Cookies, Three, From Scratch (refrigerator cookies are those which are rolled into a log, chilled, sliced and baked)			64
Plain Cookies, Three, Using Natural Sweetener (such as honey, maple syrup, sorghum or molasses. No white granulated sugar or brown sugar may be used)			65
Rolled Sugar Cookies, Three, Frosted and Decorated using Decorating Tips and Candies or Sugars			66
Three Variations of Drop Cookies from the Same Basic Dough (two of each)			67
Angel Food Cake, 1/4 of Cake			68
Pulled Taffy, Two Wrapped Pieces			69
Hard Candy, Two Wrapped Pieces			70
Cinnamon Yeast Rolls, Two			71

Division A - Baking	Grades3-5	Grade6-8	Grade9-13
Yeast Bread Using Two or More Types of Flour (1/3 loaf from end, do not use bread machine)			72
Collection of Dinner Rolls, Three Shaping Variations from Same Dough, Two of Each			73
Specialty Yeast Bread (i.e. herb focaccia, 1/3 loaf, end piece, do not use bread machine)			74
Fruit Pie, Double Homemade Crust in a Small Pie Tin, Glaze Permitted (no canned/prepared filling)			75
Division B Gluten-Free Baking	Grades3-5	Grade6-8	Grade9-13
3 Plain Gluten Free Cookies	1	2	3
Cupcake/Cakes Gluten Free	4	5	6
Yeast Bread Gluten Free	7	8	9
Quick Bread Gluten Free	10	11	12
Any Other Gluten Free Baked Item	13	14	15
Division C - Face-to-Face Entries	Grades3-5	Grade6-8	Grade9-13
Raw Vegetable or Fruit Plate with Homemade Dip (three or four different vegetables/fruits arranged on plate or tray provided by exhibitor)	76		
Sandwich Using Whole Grain Bread Containing some form of Homemade Sandwich Spread (tuna salad, egg salad, etc.)	77		
Pita Sandwich using One Ingredient from Each Level of the My Plate (include chart which shows how this fits with exhibitor's individual My Plate plan)	78	79	
Homemade Pizza from Scratch, 6" Circle	80	81	82
Favorite Family Recipe, One Individual Serving (must include a written story of how this became a family favorite; no mixes as part of this recipe, pre-packaged dough, pudding, etc.)	83	84	85
Fresh Fruit Crisp, 3" Square	86	87	88
Create a Healthy Breakfast Item to Eat on the Go (include a 3"x5" card that explains the nutritional value)		89	90
Cold Fresh Vegetable Salad with Homemade Dressing (must include 3-4 different vegetables and 1/2 cup dressing in clear glass jar)		91	92
Fruit Cobbler, 3" Corner Square		93	94
Homemade Soup, 1 Cup brought in Thermos (no cream soups)		95	96
Fruit Pizza, 6" Circle (crust must be from scratch)		97	98
Jelly Roll Cake, 2" Slice			99
One Homemade Crust Pie Using Homemade Cooked Filling in a Small Pie Tin (i.e. lemon, banana cream, etc.)			100
International Dish	101	102	103
Division D - Educational Foods Projects	Grades3-5	Grade6-8	Grade9-13
Poster Teaching an Idea Related to Food Preparation (14"x22")	101	102	
Poster or Display which Illustrates the Exhibitor's Individual MyPlate (amount of exercise, age, number of servings a day, etc.)	103	104	
Create a Menu for a Single Day with Serving Size Listed for Each Food using Individual MyPlate (i.e. booklet, poster, etc. Must include chart of member's individual MyPlate. Can be printed off or self-created)	105	106	107
Poster Teaching About Weight Control or Eating Disorders (14"x22")		108	109
Create a Menu for a Single Meal that would be used for a Special Diet (i.e. diabetic, high cholesterol, food allergies, etc. Using that person's individual food pyramid. Must include chart of individual's My Plate. Can be printed off or self-created.		110	111
Division E- Educational Foods Projects	Grades3-5	Class Numbers Grade6-8	Grade9-13
Create a Poster or Display which Illustrates the Different Individual My Plates for all Members of Your Family		112	113
Create an Economical Menu for a Day using the My Plate for Your Family (Must include prices. Must include the chart of individual's My Plates. Can be print-off or self created.)			114
Create a Game or Activity which could be used to Teach Healthy Living to Younger Students (Grades K-5. This can include food preparation, healthy eating, exercise, weight control, etc.)			115

Division F – Foods Revue Division – Pre Fair Event

Recipe for the food item must be included • Menu for the entire meal • Table setting and centerpiece appropriate for the entry. The Foods Revue will take place prior to the fair. Contact the UW-Extension office for more information.

	Grades3-5	Grade6-8	Grade9-13
Super Sandwiches	1	2	3
Casserole on the Go	4	5	6
Wisconsin's Dairy Best	7	8	9
Satisfying Salad	10	11	12
Soup-er Meal	13	14	15
On the Light Side	16	17	18
Break for Brunch	19	20	21

Division G – Food Preservation

	Grades3-5	Grade6-8	Grade9-13
Applesauce	1	2	3
Cherries, Pitted	4	5	6
Tomato Juice	7	8	9
Tomatoes, Whole or Quartered	10	11	12
Peaches, Quartered or Halved	13	14	15
Pears, Halved	16	17	18
Green or Yellow Beans, Cut	19	20	21
Carrots, Sliced	22	23	24
Dill Pickles	25	26	27
Beets, Sliced	28	29	30
Raspberries	31	32	33
Fruit Pie Filling	34	35	36
Apple Butter	37	38	39
Salsa, Must be Canned	40	41	42
Tomato Sauce	43	44	45
Hotdog Relish	46	47	48
Blackberries	49	50	51
Sweet Corn, Off Cob	52	53	54
Beet Pickles	55	56	57
Bread and Butter Pickles	58	59	60
Crab Apple Pickles	61	62	63
Tomato-vegetable Juice	64	65	66
Sweet Pickles	67	68	69
Spiced Apple Rings	70	71	72
Canned Blueberries	73	74	75
Sauerkraut		76	77
Watermelon Pickles		78	79
Spaghetti Sauce Without Meat		80	81
Canned Vegetable Soup		82	83
Dehydrated Beef or Venison Jerky		84	85

Division H - Jams and Jellies

	Grades3-5	Grade6-8	Grade9-13
Strawberry Jam	86	87	88
Blackberry Jam	89	90	91
Raspberry Jam	92	93	94
Rhubarb Jam	95	96	97
Peach Jam	98	99	100
Blueberry Jam	101	102	103
Cherry Jam	104	105	106
Apple Jelly	107	108	109
Grape Jelly	110	111	112
Freezer Jam, Any Variety	113*	114*	
Dehydrated or Dried Fruit or Vegetable (1/2 cup in small, clear glass jar)	115	116	
Two Fruit Jam (Strawberry/rhubarb, etc.)	117	118	
Marmalade, Any Variety	119	120	
Low Sugar Jam	121	122	123

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Linda Graveen, Superintendent

Division I – Cake Decorating

- 4-H members must be enrolled in the Cake Decorating project
- All cakes will be entered and judged prior to the Fair.
- Exhibitors are limited to a total of three entries in Divisions I and J. Cakes and frostings & fondants must be made by exhibitor. Cake may be made from a mix. Cakes must be removed from pans before frosting. Cakes must be frosted with homemade frosting or homemade rolled fondant and all decorations must be made out of frosting or fondant except where specified as acceptable.
- Cakes/cookies must be exhibited on a sturdy board or corrugated cardboard covered with waxed freezer paper or foil. Cake boards may not exceed 22" in depth to fit into display case at the Fair. No ruffles or trim on board. No cake plates or cookie sheets may be used for displaying cakes. May use "inedible" support forms for tiered cakes.
- Exhibitors must bring decorating tubes and a bag of frosting to Cake Decorating Revue. The judges will require all exhibitors to demonstrate a technique used on their cake. All rolled fondant will be required to demonstrate also.
- Blue ribbon winners must bring their cake to the Wisconsin Valley Fair on Tuesday of Fair week and displayed the entire week
- All fair entries must attach entry tag to cake board in a visible area. Entry tags are not used at Cake Revue
- No late entries
- Exhibitors must be present when cake is judged. No exceptions
- All participants must register through ShoWorks
- Cloverbud cake decorating entries may be in addition to their six Cloverbud entries for the Fair
- No premiums will be paid to Cloverbuds, they will receive Cloverbud ribbons for participation
- Cupcake entries for grades 3-13, papers may be left on or removed. All decorations must be edible

Division I 8-31 Premiums

1st - \$2.50 2nd - \$2.25 3rd - \$2.00 4th - \$1.75

Cloverbuds	Class Numbers		Class Numbers
Three Decorated Cupcakes (in paper)	1	Decorated Cookies, Three	5
Simple One Layer Decorated Cake (8"x8" square or round, no molded pans)	2	Assortment of 3 each of 3 different flowers made from fondant or frosting displayed on a paper plate (9 flowers total) without cake	6
Three Molded Cupcakes Decorated	3	3 cake decorations or 1 large decoration (like a sugar egg) without cake (made from royal icing, gum paste, or sugar in sugar mold form)	7
House or Other Structure Made From graham crackers , decorated (must be free standing, no cardboard forms)	4		

Grades 3-5, Including Explorers	Class Number:		Class Numbers
Cake from Molded Pan	8		
Special Occasion Cake (flat, one layer, using decorator tips only)	9	Five decorated cupcakes	13
Any Other Cake (other materials as decorations, not using decorator tips)	10	Assortment of 3 each of 3 different flowers made from fondant or frosting displayed on a paper plate (9 flowers total) without cake	14
Any Other Cake (any materials used as decoration permitted, including cakes with dolls)	11	3 cake decorations or 1 large decoration (like a sugar egg) without cake	15
House or Other Structure Made from Graham Crackers, Decorated *must be free standing, no cardboard frames)	12	(made from royal icing, gum paste, or sugar in sugar mold form)	

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Division I-Cake Decorating

Grades 6-8

	Class Numbers		Class Numbers
Cake From Molded Pan	16		
Cut Out Cake, Your Own Original Design	17	Cake Using Rolled Fondant as Frosting and Decorations	22
Special Occasion Cake (single or double layer, using decorator tips only)	18	Five Decorated Cupcakes	23
Any Other Cake	19	Assortment of 3 each of 3 different flowers made from fondant or frosting displayed on a paper plate (9 flowers total) without cake	24
Any Other Cake (any materials used as decoration permitted, including cakes with dolls)	20	3 cake decorations or 1 large decoration (like sugar egg) without cake (made from royal icing, gum paste, or sugar in sugar mold)	25
Flat or Layered Cake Using Roses	21		

Grades 9 and Up

	Class Numbers		Class Numbers
Cake From Molded Pan	26	Cake Using Rolled Fondant as Frosting and Decorations	32
Cut Out Cake, Your Own Original Design	27	Wedding or Anniversary Cake	33
Special Occasion Cake (single or double layer, using decorator tips only)	28	Cake Using a Color Flow Design	34
Any Other Cake (other materials as decorations, not using decorator tips)	29	Seven Decorated Cupcakes	35
Any Other Cake (any materials used as decoration permitted)	30	Assortment of 3 each of 3 different flowers made from fondant or frosting displayed on a paper plate (9 flowers total) without cake	36
Flat or Layered Cake Using Roses	31	3 cake decorations or 1 large decoration (like a sugar egg) without cake (made from royal icing, gum paste or sugar in sugar mold)	37

Division J-Gingerbread Structure

(no supports allowed)

	Class Numbers
Grades 3-5 including Explorers	38
Grades 6-8	39
Grades 9-13	40