

DEPT 25 – FOODS & NUTRITION, PRESERVATION, & FOODS REVUE

General Rules

1. Foods Fair will be held on the Saturday before the St. Croix County Fair in the commercial exhibits building on the fairgrounds. All food exhibits will be conference judged from Noon – 3 p.m. **Cake Decorating and the Foods Revue will be held on the second Saturday in June from 9:00 a.m. – Noon at the Extension Office in Baldwin.**
2. All exhibits must be ready to be judged 30 minutes prior to end time. If not in place exhibits will not be judged.
3. Non-perishable items such as cookbooks, canned foods, record book sheets, etc will also be judged at the Foods Fair but will stay at the fairgrounds, locked in the 4-H building, to be displayed at the St. Croix County Fair.
4. Tables will be provided for you to get your items ready for judging. **Exhibitors must make and plate their own exhibits. Exhibitors must supply their own utensils and plates (must use disposable plates).**
5. All food preparation shall be made from basic ingredients (not a package mix). Members of the same family should make separate batches of food (example: not allowed for 2 siblings to cut one loaf of bread in half and each enter it). Nuts and/or raisins may be included in your entry if you wish.
6. Exhibit Suggestions include 2 unfrosted cookies, 2 brownies, 2 muffins, 2 rolls, 4" corner of cake, ½ loaf (baked in conventional oven or bread machine of any size pan) of bread, granola, snacks, 3 pieces of candies, recipes in the file box, family cookbook, meal menu, 1 serving of a salad, 1 serving of soup, 1 serving of a sandwich, 1 serving of an entrée; **Posters (14" x 22"):** MyPlate, showing food related tours, etc; **Essay:** Interviews with food careers, nutrition, food safety, menus, etc.
7. You may use conventional or microwave ovens. All entries must include recipe and strive for nutritional value.
8. An exhibitor is limited to 8 exhibits in Foods & Nutrition Class A, B, C, and D.

Foods & Nutrition

Premiums: Blue (1.75) Red (1.50) White (1.25) Pink (1.00)

<u>Class A – Grade 4-5</u>	<u>Class B – Grade 6-7</u>	<u>Class C – Grade 8-9</u>	<u>Class D – Grade 10-13</u>
Lot No			
1. Exhibit made by member	4. Exhibit made by member		7. Exhibit made by member
2. Exhibit made by member	5. Exhibit made by member		8. Exhibit made by member
3. Exhibit made by member	6. Exhibit made by member		

Reserve Champion & Champion – Ribbon for each Class

Reserve Grand Champion & Grand Champion Foods & Nutrition – Rosette (Classes A-D)

Class E – Foods Revue

Premiums: Blue (3.00) Red (2.50) White (2.25) Pink (2.00)

Rules: Check with Extension Office for Full Rules

1. Held the second Saturday in June at the Extension Office in Baldwin. Explorers/Cloverbuds DO NOT set up a table & settings. Judging will begin at 9AM.
2. Foods Revue ribbons will include Champions, Grand Champion (picked from champions) and a Reserve Grand Champion (not necessarily a champion). Any late entries will be dropped one ribbon placement.
3. Explorers/Cloverbuds bring a nutritious snack & recipe and tell the judge how you made it & why it is nutritious.
4. Bring the following with you: card table, table covering (place mat or cloth), dishes, silverware, glass for one table setting (only bring those utensil items used in your menu), centerpiece, menu card (list all food and beverage served), Recipe card (list recipe of the item you made), One food item all prepared (judge will sample)
5. Each exhibitor should set up their own table setting without parents assistance.
6. Keep hot food hot and cold food cold. Sorry, no refrigeration or ovens will be available. Bring coolers, etc. If you have something hot, let us know and we will try to judge you first.

Lot No

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|---------------|-------------------------|--------------------|
| 1. Cloverbuds | 3. Exhibitors Grade 4-5 | 5. Exhibitors 9-13 |
| 2. Explorers | 4. Exhibitors Grade 6-8 | |

Reserve Champion & Champion Foods Revue – Ribbon

Reserve Grand Champion & Grand Champion Foods Revue – Rosette

Foods Preservation

Premiums: Blue (1.75) Red (1.50) White (1.25) Pink (1.00)

Rules:

1. Open to exhibitors enrolled in Food Preservation project and must be work of this fair year
2. All items are conference judged at Foods Fair, Saturday before St. Croix County Fair
3. Standard jars such as Kerr, Ball, Atlas, etc must be used (no mayonnaise jars, etc). All jars must be properly labeled using labels like the sample below. Unlabeled exhibits will be dropped one ribbon placing.
4. Use the label below on all food preservation exhibits, additional pages can be found in back of this book.

Name of Product: _____
Date Processed: _____
Boiling Water Bath: Y / N _____ Time
Steam Pressure in lbs: _____ Time
Type of Pack: Hot / Cold
Source of Canning Guidelines _____
Year of Guideline Book _____ (within last 3 years)

5. Use approved times for processing from WI-University Extension brochures or the Ball Canning Book. Only USDA approved methods of canning will be accepted and judged. Recipes for Salsa need what the recipe source is and if acid was added.
6. **Exhibit suggestions:** Canned fruits, vegetables, pickles, jams, jellies, tomato products, dried foods, beef jerky, etc

Class G – Grade 4-6

Class H – Grade 7-13

Lot No

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|----------------------|----------------------|----------------------|-----------------------|
| 1. Exhibit by member | 4. Exhibit by member | 7. Exhibit by member | 10. Exhibit by member |
| 2. Exhibit by member | 5. Exhibit by member | 8. Exhibit by member | |
| 3. Exhibit by member | 6. Exhibit by member | 9. Exhibit by member | |

Reserve Champion & Champion Food Preservation – Ribbon – (Each Class)

Reserve Grand Champion & Grand Champion Foods Preservation – Rosette (Classes G-H)

Cake Decorating

Premiums: Blue (3.00) Red (2.50) White (2.25) Pink (2.00)

Rules:

1. **Judged Second Saturday in June at the Extension Office in Baldwin.**
2. Open to members enrolled in the Foods & Nutrition or related projects.
3. All decorations should be on a real cake and silk flowers are acceptable.

Class I – Grade 4-5

Class J – Grade 6-7

Class K – Grade 8-9

Class L – Grade 10-13

Lot No

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| 1. Decorated Cookie (3 small/1 big) | 6. Decorated Special Occasion item - original design |
| 2. Decorated 3 Cupcakes | 7. Wedding Cake |
| 3. Decorated Holiday/Birthday item - mold | 8. Gingerbread House |
| 4. Decorated Holiday/Birthday item - original design | 9. Fondant |
| 5. Decorated Special Occasion item - mold | |

Reserve Champion & Champion in each Class I-L – Ribbon

Reserve Grand Champion & Grand Champion Cake Decorating – Rosette