

**DEPT. 25 – FOODS AND NUTRITION
JUNIOR DIVISION**



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Entry Closing Date:	June 15 th	Arrival:	Tuesday, 1:00 – 5:00 p.m.
Judging (Face-to-face):	Tuesday, 1:00 – 5:30 p.m.	Release:	Sunday, 6:00 p.m.

IN ADDITION TO THE RULES LISTED BELOW, PLEASE REFER TO ALL THE RULES AND REGULATIONS LISTED IN THE FRONT SECTION OF THIS BOOK.

GENERAL RULES:

Exhibitor:

1. Exhibitors must be enrolled in the Foods and Nutrition Project or doing similar work in another youth organization in order to exhibit/show.
2. Members of the same family cannot exhibit food items in the same lot number, unless different recipes are used.
3. **Please be aware that judging is based on more than taste testing. Food Standards, such as appearance and texture, may be used for judging before (or instead of) a taste test.**

Food:

Food Disposal: Food Items will be disposed of after the fair.

Food Transport: Transport all foods in a safe manner. (Keep Hot Foods hot and Cold Foods cold.)

Mixes: Projects prepared from a mix will be disqualified.

Nuts: Baked Goods May Contain Nuts

Perishable Items: Perishable items will be placed on display in a refrigerated case (if available), otherwise the item will be photographed and sent home.

Posters: All posters must be on a poster board no larger than 14" x 22".

Recipe Cards: Each food item must include the recipe printed on a 3" x 5" recipe card. Do not bring original recipe card – Please make a copy, THANKS!!!

PRIZE MONEY:	1st - \$1.75	2nd - \$1.50	3rd - \$1.25	4th - \$1.00
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CLASS A – “EASY BITES” ----FOR 1-3 YEARS IN THE PROJECT

LOT NO.

1. **Bar Cookies**, three 2 x 2 inch pieces
2. **Beverage**, either hot or cold, 1 cup
3. **Brownies**, three 2 x 2 inch pieces, not frosted
4. **Cereal Snack Mix**, 1 cup
5. **Chocolate Chip Cookies**, plate of 3
6. **Fruit Tray** with at least 5 different fruits & a dip
7. **Molasses Cookies**, plate of 3
8. **Muffins Any Type**, plate of 3 (No liners/paper cups)
9. **Nutritious Lunch** using 4-5 items including beverage; using Food Guide Pyramid for guidance; displayed on a tray.
10. **Oatmeal Cookies**, plate of 3
11. **Peanut Butter Cookies**, plate of 3
12. **Recipe Box** with 10 recipes indexed by category or alphabetically
13. **Vegetable Tray** with at least 5 different vegetables and a dip
14. Any other exhibit not listed above

CLASS B – “TASTY TIDBITS” ----FOR 4-6 YEARS IN THE PROJECT

LOT NO.

1. **Baking Powder Biscuits**, 3
2. **Cake** made from scratch, unfrosted, 3 x 3 inch piece
3. **Coffee Cake** made from scratch, no yeast, 3 x 3 inch piece
4. **Dairy Products Item**: A food item made with at least 2 dairy products
5. **Dried Fruit**
6. **Fruit Pizza**, 3 x 3 inch piece
7. **Fruit Salad**, 1 cup
8. **Homemade Pudding**, ½ cup
9. **Pie Crust**, empty, use 8” pie plate
10. **Pretzels**, 3
11. **Pumpkin Bars**, no frosting, 3 x 3 inch piece
12. **Quick Bread**, out of pan (3 x 5 x 2 loaf pan)
13. **Recipe Box** including 15 recipes showing variety of foods, indexed by category or alphabetically
14. **Refrigerator Cookies**, plate of 3
15. **Rolled Cut Out Cookies**, plate of 3
16. **Table Setting** including dinnerware, silverware, glass, centerpiece, placemat & napkin
17. **Vegetable Pizza**, 3 x 3 inch piece
18. **Vegetable Salad**, 1 cup
19. Any other exhibit not listed above

CLASS C – “YOU’RE THE CHEF” ---FOR 7+ YEARS IN THE PROJECT

LOT NO.

1. **Angel Food**, from scratch, unfrosted, 1/6 of a cake
2. **Any International Dessert**
3. **Any International Entrée**
4. **Bread Sticks**, 3
5. **Bundt Cake**, glazed, 1/6 cake
6. **Candy**, 3 pieces
7. **Casserole**, 2 cups
8. **Cream Puff**, 1
9. **Dessert** (cheesecake using spring form pans, tarts, torte, etc.) Does not include cakes, bars or cookies.
10. **Dinner Rolls**, 3
11. **Display of Menus** for 2 full days (6 meals) using Food Guide Pyramid guidelines
12. **Food for a Special Diet** (diabetic, low salt, etc.)
13. **Fried Donut**, 3
14. **Frosted Cake**, frosting and cake made from scratch
15. **Fruit Pie**, any kind (no canned filling), 1/6 pie, 8” pie pan or larger
16. **Granola**, 1 cup
17. **Hors d’oeuvres**, 3 different kinds
18. **Jelly Roll**, 2 inch slice
19. **Lasagna**, 4” x 4” piece
20. **Pasta Salad**, 2 cups
21. **Poster** comparing cost of eating out to cost of eating at home
22. **Raised Donut**, 3
23. **Recipe Box** including 20 recipes showing a variety of foods. Indexed by category or alphabetically
24. **Spritz Cookies**, plate of 3
25. **Sweet Rolls**, 3 on a plate
26. **Vegetable Side Dish**, 2 cups
27. **Whole Wheat Yeast Bread**, 1 loaf
28. **Yeast Bread (Bread Machine)**, 1 loaf
29. **Yeast Bread (Conventional Method)**, 1 loaf
30. Any other exhibit not listed above

CLASS D – CAKE AND COOKIE DECORATING

RULES:

1. Display Baked Goods on Flat Surface, Out of Pans, Except Large Cookies.
2. All Entries Must be Home Baked Cake/Cookies.
3. Decorating Techniques Using Cake Decorating Bags are Encouraged.
4. All Cakes and Cookies are Judged at the Fair and Displayed. After the Fair the Food is Disposed.

LOT NO.

1. Cake from Character, Molded or Shaped Pan (Not Circle, Square, Rectangle or Cut-Out Cake)
2. Cupcake Cake (Decorated and Frosted Cupcakes that Form a Shape such as a Monkey, Owl, Caterpillar, etc...)
3. Cut-Out Cake
4. Decorated Cupcakes, Plate of 3
5. Decorated Cut-Out Cookies, Plate of 3
6. Double Layer Cake (8" or Larger)
7. Flat Cake (8" or Larger)
8. Gingerbread Creation
9. Large Pan Cookie (8" or Larger). Can Use Foil Pan.
10. Layered Cake (2 or More Layers) Not Using Separators
11. Layered Cake (2 or More Layers) Using Separators or Pillars
12. Plate of 5 Different Formed Flowers, Labeled
13. Any Other Exhibit not Listed Above

CLASS E-- THEMED GIFT BASKETS

GENERAL RULES:

1. Baskets or Packages must include at least one nutritional food item. Non-food items may be included.
2. Baskets or Packages can not exceed 12" x 12".
3. Baskets or Packages will be judged on creativity, theme, colors and how items relate to the theme.
4. Baskets or Packages will be released on Sunday at 6:00 pm.

LOT NO.

1. Breakfast
2. Birthday
3. Get Well
4. Sundae
5. Any other occasion not listed above

CLASS F – FOOD PRESERVATION

GENERAL RULES:

1. Labels are required on all preservation entries. Entrants are required to specify on the label the method and time of processing, date canned and concentration of syrup, if used.
2. All preservation items must have been canned since last year's fair and processing in standard canning jars.
3. Rings should be removed from products. Jam and jelly rings are optional.
4. Foods must be preserved following the current UW Extension recommendations.

LOT NO.

1. Any dehydrated food
2. Applesauce
3. Beans
4. Cherries, pitted
5. Dill pickles
6. Dried fruit, ¼ cup

7. Dried herbs, ¼ cup
8. Dried jerky, 6 pieces
9. Fruit leather, 2 rolls
10. Jam, any variety (cooked)
11. Jam, any variety (freezer)
12. Jelly, any variety
13. Peaches
14. Pears
15. Peas
16. Salsa
17. Sweet corn
18. Sweet pickles
19. Tomato juice
20. Tomatoes
21. Any other exhibit not listed above