

# DEPT 25 - FOODS & NUTRITION, FOOD PRESERVATION & FOODS REVUE

A Foods Fair will be held on the Saturday before the St. Croix County Fair to accomplish youth fair foods judging and the 4-H Foods Revue. The Foods Fair will be held in the commercial exhibits' building on the fair grounds in Glenwood City. All food exhibits will be conference judged from 11 am to 3 pm.

All perishable food will either be sent home following judging or donated to the lunch line as a fund raiser. Lunch will be available for purchase from 11 a.m. - 1 p.m. and donated desserts from the judging and a beverage will be available throughout the afternoon.

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 fair grounds in the locked 4-H building and will be displayed at the St. Croix County Fair.

A table will be provided for exhibitors to get their exhibit ready to show the judge. Included on the table will be plates, knives, baggies, handi-wrap, stapler and a fair book.

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-it is not allowed for two siblings to cut one loaf of bread in half & each enter it). Nuts and/or raisins may be included in your entry if you wish.

**Exhibit suggestions:** unfrosted cookies (2), brownies (2), muffins (2), rolls (2 ); cakes (4" corner); breads (1/2 loaf in conventional oven or bread machine, any size pan); granola; snacks; candies (3 pieces); recipes in the file box; family cookbook; meal menu; anything from the project books. You may use either conventional, convection, or microwave oven. Posters (14" x 22"): using food pyramid, showing food related tours. Essay: interviews with food careers, nutrition, food safety, menus, etc.

**ALL ENTRIES MUST include recipe(s) and strive for nutritional value**



## FOODS AND NUTRITION

Premiums: Blue \$1.75 Red \$1.50 White \$1.25 Pink \$1.00

### CLASS A

Open to any members enrolled in Six Easy Bites Project (Grades 4 - 5), Level A:

Lot No.

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

**Reserve Champion – Ribbon  
Champion Class A - Ribbon**

### CLASS B

Open to members enrolled in Tasty Tidbits Project, Level B (Advanced Beginners Grades 6 – 7):

Lot No.

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

# JUNIOR FAIR

## Reserve Champion – Ribbon Champion Class B - Ribbon

### CLASS C

Open to members enrolled in You're the Chef Project, Level C (Grades 8 - 9):

Lot No.

- |                           |                            |
|---------------------------|----------------------------|
| 1. Exhibit made by member | 9. Exhibit made by member  |
| 2. Exhibit made by member | 10. Exhibit made by member |
| 3. Exhibit made by member | 11. Exhibit made by member |
| 4. Exhibit made by member | 12. Exhibit made by member |
| 5. Exhibit made by member | 13. Exhibit made by member |
| 6. Exhibit made by member | 14. Exhibit made by member |
| 7. Exhibit made by member | 15. Exhibit made by member |
| 8. Exhibit made by member |                            |

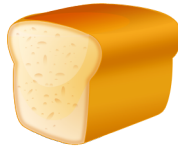
## Reserve Champion – Ribbon Champion Class C – Ribbon

### CLASS D

Open to members enrolled in Foodworks, Level D Project (10th Grade and over)

Lot No.

- |                           |                            |
|---------------------------|----------------------------|
| 1. Exhibit made by member | 9. Exhibit made by member  |
| 2. Exhibit made by member | 10. Exhibit made by member |
| 3. Exhibit made by member | 11. Exhibit made by member |
| 4. Exhibit made by member | 12. Exhibit made by member |
| 5. Exhibit made by member | 13. Exhibit made by member |
| 6. Exhibit made by member | 14. Exhibit made by member |
| 7. Exhibit made by member | 15. Exhibit made by member |
| 8. Exhibit made by member |                            |



## Reserve Champion - Ribbon Champion Class D – Ribbon

**RESERVE GRAND CHAMPION EXHIBIT (CLASSES A – D) – ROSETTE**

**GRAND CHAMPION EXHIBIT (CLASSES A – D) – ROSETTE**

### CLASS E - FOODS REVUE

Premiums: Blue \$3.00 Red \$2.50 White \$2.25 Pink \$2.00

Foods Revue will be held at 1 pm the Saturday before the St. Croix County Fair. Late entries will be dropped one ribbon placement. Foods Revue ribbons will include Champions, a Grand Champion (which will be picked from the Champions) and a Reserve Grand Champion, which will be the second best entry (not necessarily a Champion).

**Explorers and Cloverbuds** may participate in the Foods Revue. Bring a nutritious snack and recipe - tell the judge how you made it and why it is nutritious. Explorers and Cloverbuds DO NOT set up a table and settings.

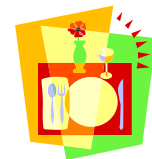
Lot No.

- |                           |                               |
|---------------------------|-------------------------------|
| 1. Cloverbuds             | 4. Members Grades 6 - 8       |
| 2. Explorers              | 5. Members 9th Grade and Over |
| 3. Members Grades 4 and 5 |                               |

**Champion and Reserve Champion may be selected in each lot number – ribbon**

**RESERVE GRAND CHAMPION FOODS REVUE EXHIBIT - ROSETTE**

**GRAND CHAMPION FOODS REVUE EXHIBIT – ROSETTE**



## FOOD PRESERVATION

Premiums: Blue \$1.75 Red \$1.50 White \$1.25 Pink \$1.00

- Open to members in Food Preservation Project
- All exhibits are to be the work of this fair year.
- All items are conference judged at the Foods Fair, Saturday before the St. Croix Co. Fair
- 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 PLACING.**

Name of Product \_\_\_\_\_  
 Date Processed \_\_\_\_\_  
 Boiling water bath \_\_\_\_\_ Time  
 Steam Pressure in lbs. \_\_\_\_\_ Time  
 Type of Pack: Hot \_\_\_\_\_ Cold

- Use approved times for processing from University Extension brochures. Only USDA approved methods of canning will be accepted and judged.
- **Exhibit suggestions:** canned fruits, vegetables, pickles, jams, jellies, tomato products, dried foods, beef jerky

**CLASS G**

-Open to members Grades 4 - 6 and enrolled in Foods and Nutrition Project

Lot No.

- |                           |                           |
|---------------------------|---------------------------|
| 1. Exhibit made by member | 4. Exhibit made by member |
| 2. Exhibit made by member | 5. Exhibit made by member |
| 3. Exhibit made by member | 6. Exhibit made by member |

**Reserve Champion – Ribbon  
Champion - Ribbon**

**CLASS H**

-Open to members 7th Grade and over enrolled in Foods and Nutrition Project

Lot No.

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

**Reserve Champion – Ribbon  
Champion – Ribbon**

**RESERVE GRAND CHAMPION FOOD PRESERVATION EXH (CLASSES G & H)-ROSETTE  
GRAND CHAMPION FOOD PRESERVATION EXHIBIT (CLASSES G & H) – ROSETTE**

**CLASS I - CAKE DECORATING**

Premiums: Blue \$3.00 Red \$2.50 White \$2.25 Pink \$2.00

- Open to exhibitors in Foods & Nutrition or related projects
- Silk flowers are acceptable
- All decorations must be on a real cake
- A "Wilton Award" will be presented to the best of class at the judge's discretion

Lot No.

## JUNIOR FAIR

Grades 4 – 5

1. Decorated cookies (3 small or 1 big)
2. Decorated cupcakes (3)
3. Holiday or birthday decorated item using mold
4. Holiday or birthday decorated item using original design
5. Special occasion decorated item using mold
6. Special occasion decorated item using original design
7. Wedding cake
8. Gingerbread house

**Reserve Champion – ribbon**

**Champion – ribbon**

Grades 6 -7:

9. Decorated cookies (3 small or 1 big)
10. Decorated cupcakes (3)
11. Holiday or birthday decorated item using a mold
12. Holiday or birthday decorated item using original design
13. Special occasion decorated item using mold
14. Special occasion decorated item using original design
15. Wedding cake
16. Gingerbread house

**Reserve Champion – ribbon**

**Champion – ribbon**

Grades 8 – 9:

17. Decorated cookies (3 small or 1 big)
18. Decorated cupcakes (3)
19. Holiday or birthday decorated item using a mold
20. Holiday or birthday decorated item using original design
21. Special occasion decorated item using mold
22. Special occasion decorated item using original design
23. Wedding cake
24. Gingerbread house

**Reserve Champion – ribbon**

**Champion – ribbon**

10<sup>th</sup> Grade and Over:

25. Decorated cookies (3 small or 1 big)
26. Decorated cupcakes (3)
27. Holiday or birthday decorated item using a mold
28. Holiday or birthday decorated item using original design
29. Special occasion decorated item using mold
30. Special occasion decorated item using original design
31. Wedding cake
32. Gingerbread house

**Reserve Champion – ribbon**

**Champion – ribbon**

**RESERVE GRAND CHAMPION CAKE DECORATING EXHIBIT – ROSETTE**

**GRAND CHAMPION CAKE DECORATING EXHIBIT – ROSETTE**

