

JUNIOR FAIR FOODS & NUTRITION

Department 25

Superintendent – Barb Ebert

920-758-2137

1. Individual conference judging will be on Monday, August 18 from 10:00 a.m. to 2:00 p.m. and 2:30 p.m. to 6:00 p.m.
No changes will be allowed after the registration blanks are submitted.
2. Release time is Sunday, August 24 from 7:00 p.m. to 9:00 p.m.
3. This department is open to all youth groups in Manitowoc County working with food & nutrition projects, supervised by an adult leader.
4. Limit of 4 exhibits in one unit according to age.
5. All food must be exhibited on disposable 6" round Styrofoam plates except baked dishes and salad entries which will be judged and taken home. TRAYS WILL NOT BE FURNISHED BY EXPO
6. Entry tags must be securely attached to the 6" round plate.
7. NO MIXES allowed except where stated. No frostings, except decorated cakes.
8. All food exhibits will be disposed of at the close of Fair.
9. Members of the same family cannot enter the same entry numbers. (Example: sisters cannot both bring brownies)
10. THE COMPLETE RECIPE WITH QUANTITIES OF INGREDIENTS & DIRECTIONS LISTED MUST ACCOMPANY ALL ENTRIES, EXCEPT THOSE MADE FROM A MIX.

Premiums for classes 100 – 173: Blue Ribbon - \$1.75 Red Ribbon - \$1.50 White Ribbon - \$1.25 Pink Ribbon - \$1.00

CLASS A - Grades 3-4

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| 100. Peanut Butter Cookies (3) | 105. Brownies from a mix, unfrosted, 4"x4" corner piece |
| 101. Chocolate Chip Cookies (3) | 106. Cake from mix, unfrosted, 4"x4" corner piece |
| 102. Oatmeal Drop Cookies (3) | 107. Relish Dish - 3 different relishes, on a serving dish |
| 103. Cookies or Bars, No-Bake (3) | 108. Poster -- 14" x 22", emphasizing nutrition |
| 104. Plain or Bran Muffin (3) - no paper liners | 109. Recipe Box or book with 10 recipes -variety of foods |

CLASS B - Grades 5 - 6

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| 110. Refrigerator Cookies (3) | 119. Rolled Cookies (3) of the same shape |
| 111. Baking Powder Biscuits (3) | 120. Small casserole dish made with hamburger, baked |
| 112. Quick Coffee Cake with streusel topping - 4"x4" corner | 121. Single serving - either a salad, vegetable dish or fruit dish on an individual serving dish or plate |
| 113. Brownies, chocolate or blonde - unfrosted (3) | 122. Bag lunch - 4 items including a beverage |
| 114. Cake, unfrosted, 4" x 4" corner piece | 123. Granola Bars (3) |
| 115. Pizza Pockets (2) | 124. Bread machine Bread, 1/2 loaf, no mix |
| 116. Mystery muffins (3) -- no paper liners | 125. Bread machine Dinner Rolls (3), no mix |
| 117. Cup Cakes, unfrosted in paper liners (3) | 126. Poster -- 14" x 22", showing kitchen safety |
| 118. Decorated cookies - judged on decoration (3) | 127. Recipe Box or book with 20 recipes -variety of foods |

CLASS C - Grades 7 - 8

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| 127. Muffins, using a fruit(3) -- No paper liners | 136. Pizza, from scratch, 1/3 of 12" pan |
| 128. Quick Bread, 1/2 of a small nut bread pan | 137. Plate lunch, using 1 dairy product, but not to include a glass of milk |
| 129. Corn Bread, 4" x 4" corner piece | 138. Poster - 14" x 22", showing a full days menu providing for good nutrition |
| 130. Cake using a vegetable or fruit -- 4" x 4" corner piece (no upside-down cake) | 139. Decorated cookies or cupcakes - judged on decoration (3) |
| 131. Rolled Cookies, 3 of the same shape, uniform | 140. Pretzels (3) |
| 132. Baking Powder Biscuits (3) | 141. Dried fruit, 6 to 9 pieces in a Ziploc bag |
| 133. Easy cheesy lasagna - 4" x 4" corner piece | 142. Food Safety Poster -- 14" x 22" |
| 134. Fruit Pizza from scratch, 1/3 of a 12" pan | 143. Recipe Box or book with 25 recipes - creative dishes and/or desserts |
| 135. Yeast Dinner Rolls, 3 different shapes, no bread machine | |

JR FAIR FOODS & NUTRITIONS
DEPARTMENT 25 (CONT.)

CLASS D - Grades 9 -10

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| 143. Cookie Press Cookies, 3 different shapes | 152. Yeast Cinnamon Rolls (3), no bread machines |
| 144. Sponge Cake, 1/4 cake | 153. Plate lunch containing essentials of a balanced dinner, include menu & place setting |
| 145. Upside-down cake - 4" x 4" corner piece | 154. Nationality Food --either cookies (3) or Bread, 2 of small loaf must include recipe and nationality |
| 146. Decorated Cookies or Cupcakes (3), Judged on decoration | 155. Fruit leathers (3) |
| 147. Single Pastry Shell, individual size about 4" | 156. Gingerbread or candy - decorated house |
| 148. White Yeast Bread, 1/3 loaf, no bread machines | 157. Lowfat vegetable dip with vegetables |
| 149. Raised Donuts (3) | |
| 150. Bread sticks (3) | |
| 151. Yeast dinner rolls, 3 different shapes, no bread machine | |

CLASS E - Grades 11 - 13

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| 158. Sour Cream Coffee Cake, 4" x 4" corner piece | 167. Gingerbread or candy-decorated house |
| 159. Rye or Whole Wheat Yeast Bread, 1/3 loaf, no bread machine | 168. Decorated Cake, use a dummy form, will be judged on decoration only |
| 160. Kolache (3) | 169. Foreign Main Dish -- must include recipe & nationality |
| 161. Double Crust Fruit Pie, small individual size, about 4" | 170. Single Serving -- either salad, vegetable dish or fruit dish |
| 162. Angel Food Cake - 1/4 cake | 171. Candy, any kind -- 3 pieces |
| 163. Yeast Cinnamon Rolls (3), no bread machines | 172. Homemade peanut butter (1 cup) |
| 164. Cheesecake, baked -- 4" wedge (plain) | 173. Prepare a healthy snack for a child (single serving) |
| 165. Scrapbook of recipes for leftover foods | |
| 166. Decorated cookies or cupcakes (3), to be judged on decoration only. | |

CLASS F - FOOD PRESERVATION

1. Same rules apply as listed in Food and Nutrition.
2. Food Preservation exhibits must be shown in standard canning jars.
3. James and Jellies must be in standard jelly jars but no larger than standard pint jars with self-sealing cover -- no paraffin.
4. All jars must be labeled using the following outline:

*Name of Product	*Method of processing (boiling water bath or pressure canner)
*Date Processed	*Time of processing
*Method of preparation (hot or cold pack)	*Total jars canned for family by exhibitor
5. Four entries in the food preservation classes.

Premiums for classes 174 – 196: Blue Ribbon - \$1.75 Red Ribbon - \$1.50 White Ribbon - \$1.25 Pink Ribbon - \$1.00

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| 174. Rhubarb | 186. Sweet corn, cut from cob |
| 175. Apples, quartered or halved | 187. Peaches - halved |
| 176. Applesauce | 188. Pears - halved |
| 177. Cherries, pitted | 189. Yellow wax beans, cut |
| 178. Tomato juice | 190. Beets, pickled |
| 179. Tomatoes, whole or quartered | 191. Mixed vegetables |
| 180. Black raspberries | 192. Bread and butter pickles |
| 181. Red raspberries | 193. Crab apples, pickled |
| 182. Sweet Pickles | 194. Dill pickles |
| 183. Other berries, vegetables or fruit | 195. Jelly, any variety |
| 184. Green beans, cut | 196. Jam, any variety, including Freezer Jam |
| 185. Carrots, cut | |