

JUNIOR FAIR FOODS & NUTRITION

Department 25 – Superintendent – Barb Ebert – 920-758-2137

1. Judging Day (Individual Conference Judging) – **Monday, August 23**, as follows: 10am to 2pm and 2:30pm to 6pm.
2. Release Day – **Sunday, August 29**, between 7pm and 9pm.
3. No changes will be allowed after registration forms are submitted.
4. This department is open to all youth groups in Manitowoc County working with food and nutrition projects, supervised by an adult leader.
5. Limit of four (4) entries per Exhibitor.
6. All food must be exhibited on small disposable plates except baked dishes and salad entries which will be judged and taken home. TRAYS WILL NOT BE FURNISHED BY THE EXPO.
7. Entry tags must be securely attached to the plate.
8. NO MIXES allowed except where stated. No frostings, except decorated cakes.
9. All food exhibits will be disposed at the close of the fair.
10. Members of the same family cannot enter the same entry numbers (example: sisters cannot both bring brownies).
11. **The complete recipe with quantities of ingredients and directions listed must accompany all entries, except those made from a mix.**

CLASS A: Grades 3-4

Premiums for lot numbers 100-198:

Blue Ribbon - \$1.75 Red Ribbon - \$1.50 White Ribbon - \$1.25 Pink Ribbon - \$1.00

Lot Numbers:

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| 100. Peanut Butter Cookies (3) | 106. Cake from mix, unfrosted, 4"x4" corner piece |
| 101. Chocolate Chip Cookies (3) | 107. Relish Dish – 3 different relishes, on a serving dish |
| 102. Oatmeal Drop Cookies (3) | 108. Poster – 14"x22", emphasizing nutrition |
| 103. Cookies or Bars, No-Bake (3) | 109. Recipe Box or Book with 10 recipes – variety of foods |
| 104. Plain or Bran Muffin (3) – no paper liners | |
| 105. Brownies from a mix, unfrosted, 4"x4" corner piece | |

CLASS B: Grades 5-6

Lot Numbers:

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| 110. Refrigerator Cookies (3) | 120. Small Casserole Dish made with hamburger, baked |
| 111. Baking Powder Biscuits (3) | 121. Single Serving – either a salad, vegetable dish, or fruit dish on an individual serving dish or plate |
| 112. Quick Coffee Cake with Streusel Topping – 4"x4" corner | 122. Bag Lunch – 4 items including a beverage |
| 113. Brownies, chocolate or blonde – unfrosted (3) | 123. Granola Bars (3) |
| 114. Cake, unfrosted, 4"x4" corner piece | 124. Bread Machine Bread, ½ loaf, no mix |
| 115. Pizza Pockets (2) | 125. Bread Machine Dinner Rolls (3), no mix |
| 116. Mystery Muffins (3) – no paper liners | 126. Poster – 14"x22", showing kitchen safety |
| 117. Cup Cakes (3), unfrosted in paper liners | 127. Recipe Box or Book with 20 recipes – variety of foods |
| 118. Decorated Cookies (3) – judged on decoration | |
| 119. Rolled Cookies (3), of the same shape | |

CLASS C: Grades 7-8

Lot Numbers:

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| 128. Muffins, using a fruit (3) – no paper liners | 138. Plate lunch, using 1 dairy product, but not to include a glass of milk |
| 129. Quick Bread, ½ of a small nut bread pan | 139. Poster – 14"x22", showing a full day's menu providing for good nutrition |
| 130. Corn Bread, 4"x4" corner piece | 140. Decorated Cookies or Cupcakes – judged on decoration (3) |
| 131. Cake using a vegetable or fruit – 4"x4" corner piece (no upside-down cake) | 141. Pretzels (3) |
| 132. Rolled Cookies, 3 of the same shape, uniform | 142. Dried Fruit, 6 to 9 pieces in Ziploc bag |
| 133. Baking Powder Biscuits (3) | 143. Food Safety Poster – 14"x22" |
| 134. Easy Cheesy Lasagna – 4"x4" corner piece | 144. Recipe Box or Book with 25 recipes – creative dishes and/or desserts |
| 135. Fruit Pizza from scratch, 1/3 of a 12" pan | |
| 136. Yeast Dinner Rolls, 3 different shapes, no bread machine | |
| 137. Pizza, from scratch, 1/3 of a 12" pan | |

CLASS D: Grades 9-10

Lot Numbers:

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| 145. Cookie Press Cookies, 3 different shapes | 154. Yeast Cinnamon Rolls (3), no bread machine |
| 146. Sponge Cake, ¼ cake | 155. Plate lunch containing essentials of a balanced dinner, include menu and place setting |
| 147. Upside-Down Cake – 4"x4" corner piece | 156. Nationality Food – either Cookies (3) or Bread (2) of small loaf, must include the recipe and nationality |
| 148. Decorated Cookies or Cupcakes (3), judged on decoration | 157. Fruit Leathers (3) |
| 149. Single Pastry Shell, individual size about 4" | 158. Gingerbread or Candy – decorated house |
| 150. White Yeast Bread, 1/3 loaf, no bread machines | 159. Lowfat vegetable dip with vegetables |
| 151. Raised Donuts (3) | |
| 152. Bread Sticks (3) | |
| 153. Yeast Dinner Rolls, 3 different shapes, no bread machine | |

CLASS E: Grades 11-13

Lot Numbers:

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| 160. Sour Cream Coffee Cake, 4"x4" corner piece | 169. Gingerbread or Candy – decorated house |
| 161. Rye or Whole Wheat Yeast Bread, 1/3 loaf, no bread machine | 170. Decorated Cake, use a dummy form, will be judged on decoration only |
| 162. Kolache (3) | 171. Foreign Main Dish – must include recipe and nationality |
| 163. Double Crust Fruit Pie, small individual size, about 4" | 172. Single Serving – either salad, vegetable dish, or fruit dish |
| 164. Angel Food Cake – ¼ cake | 173. Candy, any kind – 3 pieces |
| 165. Yeast Cinnamon Rolls (3), no bread machines | 174. Homemade Peanut Butter (1 cup) |
| 166. Cheesecake, baked – 4" wedge (plain) | 175. Prepare a healthy snack for a child (single serving) |
| 167. Scrapbook of recipes for leftover foods | |
| 168. 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. Jams 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:
5. Limit of four (4) entries in the food preservation class.

Lot Numbers:

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| 176. Rhubarb | 188. Sweet Corn, cut from the cob |
| 177. Apples, quartered or halved | 189. Peaches, halved |
| 178. Applesauce | 190. Pears, halved |
| 179. Cherries, pitted | 191. Yellow Wax Beans, cut |
| 180. Tomato Juice | 192. Beets, pickled |
| 181. Tomatoes, whole or quartered | 193. Salsa |
| 182. Black Raspberries | 194. Bread and Butter Pickles |
| 183. Red Raspberries | 195. Crab Apples, pickled |
| 184. Sweet Pickles | 196. Dill Pickles |
| 185. Other berries, vegetables, or fruit | 197. Jelly, any variety |
| 186. Green Beans, cut | 198. Jam, any variety, including Freezer Jam |
| 187. Carrots, cut | |