

Division D-22 - FOOD AND NUTRITION EXHIBIT CLASSES

Special Rules

In addition to the general rules 4-H'ers entering Food and Nutrition exhibits must follow these special rules:

1. The recipe (ingredients, preparation instructions, time, temperature) **MUST** be included for any **prepared** food exhibit. Source of recipe must be credited.
2. **Preserved** foods must include the Food Preservation Exhibit Label, VI-991201-WB/SAS. Only food processed after August 1, 2008 is acceptable.
 - a. Type of food
 - b. Method of preservation
 - c. Processing time
 - d. Date processed
 - e. Source of recipe and/or method of preservation (if a publication, include name and date)

Current USDA and/or Iowa State University guidelines or Ball Blue Book 2003 or newer for home food preservation methods must be used. (Check at County Extension Office for recommended practices or call the ISU Answer Line 1-800-262-3804 for current researched information.)

3. Preserved foods exhibits **MUST** include two (2) product samples. One will be opened for evaluation and then sent home. The second will be on display.
4. All other perishable food products will be donated to the Senior Citizen's Reception, unless the exhibitor wishes to take them home. A small sample will be left for display.
5. Prepared foods should be placed on a firm disposable plate or flat cardboard. Consider this recommendation rather than pans, plates, china, or baskets due to potential damage or loss. Place exhibit in a reclosable plastic bag with entry tag fastened outside the bag.
6. Products that require refrigeration (cream fillings, cream pies, meat or broth, relish or fruit trays, cheeses, eggs, custards, egg noodles, and friendship starters, etc.) are not acceptable entries for the fair. These items do not hold up well at room temperature and often pose a food safety hazard. Such items will not be accepted, judged, or displayed.
7. Due to safe handling concerns during processing, no meat jerky product exhibits are allowed.
8. All food products and food preparation procedures used, illustrated, or described must be unquestionably safe. **Any exhibit considered to be or to portray a food safety risk will not be accepted, judged or displayed.**
9. The use of alcoholic beverages in the preparation or production of 4-H food exhibits is NOT permitted.
10. If you choose to use a display box, the dimensions are not to exceed 10"x12"x14". (The three dimensions can be applied to best fit the exhibit size for height, width, or depth.) Posters and other display boards must follow size guidelines in General Rules.
11. All food products/exhibits should be appropriate for human consumption/nutritional evaluation.
12. Food product exhibits must be prepared, baked, or cooked using only food grade utensils and containers.
13. Exhibits should include 6 cookies, muffins, bars, etc.
14. In recognition of youth who excel at the art of fresh preserving (canning), Jarden Home Brands makers of Ball® and Kerr® Fresh Preserving Products will present First Place Awards in designated recipe categories. A panel of judges will select the best entry

submitted by a youth in each category for Fruit, Vegetable, Pickle and Soft Spread. Entries must be preserved in Ball® or Ball® Collection Elite® Jars sealed with Ball® Lids and Bands or Ball® Collection Elite® Lids and Bands or preserved in Kerr® Jars sealed with Kerr® Lids and Bands or Ball® Collection Elite® Lids and Bands. In addition, soft spread entries will be limited to recipes prepared using Ball® Pectin: Original, No Sugar Needed, or Liquid. A proof of purchase for Ball® Pectin must be provided at time of entry. The best entry from each category will receive the following: One (1) Five Dollar (\$5.00) Coupon for Ball® or Kerr® Fresh Preserving Products and one (1) Three Dollar (\$3.00) Coupon for Ball® Pectin Products.

Class 521A, Food Preparation and Safety (including Food Preservation) — Includes, but not limited to, prepared product, product evaluation, food preparation terms, storage practices, etc.

Class 521B, Consumer Behavior and Management — Includes, but not limited to, resource management, product comparison, meal planning and service, purchasing, food packaging and recycling, nutrition labeling, etc.

Class 521C, Nutrition and Wellness — Includes, but not limited to dietary guidelines, nutrient functions, physical health, etc.

Class 521D, Other Food and Nutrition Ideas — Exhibit can tell or show any special related topic such as measurement of ingredients, eating out, special recipe collection, cultural food traditions, food science “whys,” careers, etc.