

DEPARTMENT 116 – YOUTH FOODS

Superintendent – Judy Stevens (692-9310)
Judging on Saturday, August 22nd @ 9:00 am – 3:00 pm

Rules & Regulations:

1. Exhibitors may enter an unlimited number of exhibits in each class in Sections 2, 3, 4 & 5.
2. Failure to follow rules will result in a drop in ribbon earned.
3. The recipe must accompany every food exhibit except decorated cakes. A recipe must contain both ingredients and procedure.
4. Read the rules for each section.

SECTION 1 – BAKED GOODS

Rules & Regulation:

1. All food must be removed from pans, except pies & pie shells, and should be attractively presented.
2. Rolls & muffins must **not** be baked in paper cups.
3. Breads must **not** be baked in a bread machine.
4. **Mixes are allowed if they are not the major ingredient. Please call if you have any questions.**
5. Baked goods should be cooled before packing.
6. **Exhibitors are limited to two (2) exhibits per category.**

Class No.

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| 1. Muffins , 3 of one kind & uniform in size | 11. Yeast Rolls , white, whole or multi grain, 3 uniform |
| 2. No-bake Cookies , 3 of one kind & uniform in size | 12. Yeast Bread , white, whole or multi grain - ½ loaf |
| 3. Baking Powder Biscuits , 3 of uniform size | 13. Other Yeast or Risen Bread Products |
| 4. Baked Cookies , 3 of uniform size, can be
dropped, bar or rolled. | 14. Pie Shell , one baked, may use 4" pan |
| 5. Quick Bread , ½ loaf any size. | 15. Pie , 2 crusts, filled, 1 whole pie, may use 4" pan |
| 6. Coffeecake , non-yeast - ½ cake. | 16. Candy , 3 pieces of uniform size |
| 7. Cake made with shortening or oil , unfrosted, ½ cake. | 17. International Food Exhibit , 3 cookies of one type
<i>OR</i> ½ cake <i>OR</i> ½ yeast bread <i>OR</i> 3 rolls
<i>OR</i> ½ quick bread. Information required: |
| 8. Cake made with shortening , modified to reduce
calorie or fat content - unfrosted, ½ cake | (a) recipe; (b) national association with food;
(c) historical background. |
| 9. Foam Cake , ½ cake | |
| 10. Rolled Cake , any filling | |

SECTION 2 - DECORATED CAKE

Class No.

1. **Decorated Cake**, decorations only will be judged. Base can be pan, box, etc. No recipe required.

SECTION 3 - RECIPE COLLECTIONS

Rules & Regulations:

1. A minimum of 10 recipes exhibited in a recipe book, notebook, or file. All information should be printed in ink or typed. If recipes are shown in a file box, everything should be on cards.
2. Collections will be judged on appearance, organization, source & variety of recipes & additional information given.

Class No.

1. **A Recipe Collection**, consisting of recipes from a food & nutrition project, a heritage project or a cultural foods project.

SECTION 4 - MESSAGES ABOUT FOODS

Class No.

1. **Poster**, (at least 14" x 20") or a poster series depicting a food from the Food Guide Pyramid: ideas for trying some food rich in Vitamin A, Vitamin C, Calcium, or Iron; food & fitness; wise snacking; food purchasing hints; ways to avoid waste; improving choices at fast food restaurant or vending machine.
2. **3-D Exhibit**, topics could be wise shopping; sensible snacking; nutritious breakfasts; ways to increase the use of vegetables & fruits; sensible dieting; food preservation or heritage foods. Table space about 4' x 4' will be provided. It will be judged on: the purpose & principal idea, effectiveness in illustrating the topic, appearance & arrangement, & accuracy of information.

SECTION 5 - FOOD PRESERVATION

Rules & Regulations:

1. All exhibits must consist of 2 identical jars; 1 to be opened, judged & returned to the exhibitor; and the other to be display.
2. Canned goods must have label on bottom or side of jar, giving kind of fruit, vegetable or preserve, date product was preserved.
3. All canning must be done in uniform containers.
4. Jam, jelly & marmalade containers should be no longer than ½ pint size. Jellies must be in straight jars to permit jelly to slide out & hold its shape.
5. All low acid vegetables MUST be pressure canned.
6. All jam, jelly, fruit, pickles & relish MUST be processed in a hot water bath.
7. No paraffin on jams or jellies.
8. Recipes including processing instructions must be brought with exhibit.
9. Non-processed exhibits must be appropriately packaged.

Class No.

1. **Any Food Preservation Product chosen from the following list:**
 - a) Marmalade
 - b) Jam
 - c) Jelly
 - d) Canned Fruits
 - e) Canned Vegetables
 - f) Canned Tomatoes or Juice
 - g) Pickles, Relishes
 - h) Miscellaneous
2. **Any Non-processed Food Preservation Product chosen from the following list:**
 - a) Flavored Vinegars
 - b) Dried Foods - display in a clear airtight container
 - c) Miscellaneous