

## DEPARTMENT – BUILDING EXHIBITS

### SECTION - 4-H FOOD – NUTRITION

(Must be enrolled in the Foods and Nutrition Project)

#### SPECIAL RULES

1. Read General Rules. Violation of any of the following rules may result in disqualification. All decisions will be made by a county agent and their decision is final.
2. Member is limited to a combined total of three entries for food preparation classes and gift package. These three exhibits may be more than one per class but must be different recipes. Member may also enter one educational exhibit and is eligible to enter the Food Preservation section.
3. Food and Nutrition exhibits will be judged by consultation evaluation of the products with the 4-Her and judge. Parents and leaders are welcome to listen in only. The ribbon placing will be marked on the card and the ribbon will be given to the 4-Her at time of evaluation. Refer to the 4-H area of the Fair Schedule for judging schedule and times.
4. Complete recipes with ingredients and instructions must be attached with the entry, or the placing will be lowered one ribbon when judged.
5. Attach label to bottom of plate or cardboard. Label templates are available [here](#), or make your own with the following information: Class Number, Food Product Name, 4-H member's Name, and County or District.
6. For food safety purposes, any food with custard and dairy based fillings and frostings (ex. cream cheese **regardless of sugar content**), raw eggs, flavored oils, "canned" bread or cakes in a jar, cut fresh fruit or any food requiring refrigeration (ex. Bacon) or unbaked exhibit with raw flour (ex. No bake cookies) will be disqualified and not be judged.
7. Alcohol (Ex. Wine, beer, and hard liquor) is not allowed as an ingredient in food entries. Entries with Alcohol will be disqualified and not be judged.
8. All baked goods must be left whole and uncut. Small items, such as cookies and rolls, should be the same shape and from the same recipe. Exhibit 3 cookies, 3

muffins, 3 bread sticks, 1 loaf bread, etc.

9. Under baked entries will be lowered one or more ribbon placings.
10. All unfrosted cakes must be exhibited in an upright position with crust showing. The exception is for those cakes made with special designs such as Bundt cakes. They must have top crust side down.
11. Any baked product that can be removed from the pan must be placed on a paper plate, covered cardboard or disposable container of appropriate size for the exhibit.
12. Exhibits must be in food grade plastic bags, disposable plastic containers, or boxes of appropriate size for the exhibit. Only the exhibit is judged. The container is not judged. For food safety, all products must be brought to the evaluation with protective coverings.
13. Attach the entry form, recipe, and evaluation form to the outside of the wrapped exhibit. Do not wrap forms in plastic.
14. Only a portion of each product which is judged at the fair foods judging will be used to make club foods displays.
15. If selected for State Fair, a member may exhibit only one baked food product and one educational display.
16. **Educational Exhibits** - May be in the form of a poster, notebook, or display. Follow copyright laws as explained in the General Rules as you are preparing your exhibit. Take care to select materials that will withstand Fair conditions. No card table displays. Posters must not be larger than 22" x 28". Displays must not be larger than a 3' x 4' tri-fold display board. Note: A collection of your favorite recipes in a recipe box or notebook does not constitute an educational exhibit.
17. **Food Gift Package** - No alcoholic beverages will be accepted. A nonperishable food gift package must contain at least 3 different food items (prepared for human consumption), made by the 4-H'er, in a suitable container no larger than 18" x 18" x 18". Prepared food items must have recipes attached with entry. Additional homemade food items beyond the 3 minimum, or purchased items may also be included in the gift basket. Attach information answering these questions: a) what is the intended use; b) what food safety precautions were taken during and after preparation. Include total dollar cost of filled basket.

18. **Non-perishable food products made using a pre-existing mix/food item** (baking mix, cake mix, refrigerated food items, etc.) Recipe must be included and indicate what pre-made item was used in the final food product.
19. **Frostings & Fillings**- For food safety purposes, any entries with frostings and fillings must calculate the amount of sugar in the frosting/filling recipe only. **The calculation must be attached to entry, or the placing will be lowered one ribbon when judged.** Frosting and fillings need to contain more than 65% sugar for safety. Examples on how to calculate this percentage are included in the publication located at: <https://bookstore.ksre.ksu.edu/pubs/MF3544.pdf>  
**A worksheet is available at:**  
[https://bookstore.ksre.ksu.edu/item/frostings-and-fillings-worksheet\\_4H1171](https://bookstore.ksre.ksu.edu/item/frostings-and-fillings-worksheet_4H1171)
20. Recipes are required for all food product exhibits including gift basket items.
21. A decorated food item must be a food item, not a decorated box. **Not a State Fair Class.**
22. Not responsible for any items left (pans, dishes, etc.).

- CLASSES – 4300: Non-Perishable Food Product, 9-11 Years Old**  
**4301: Educational Exhibit, 9-11 Years Old**  
**4302: Non-Perishable Food Product, 12-14 Years Old**  
**4303: Educational Exhibit, 12-14 Years Old**  
**4304: Non-Perishable Food Product, 15-18 Years Old**  
**4305: Educational Exhibit, 15-18 Years Old**  
**4306: Food Gift Package**  
**4307: Modified Nonperishable Food Product (Not a State Fair Class)**
- Decorated Non-Perishable Food Product (Not a State Fair Class)**  
**Non-Perishable Food Product using Pre-Made ingredient (Not a State Fair class)**  
**Educational Exhibit, 7-8 Years Old (Not a State Fair Class)**  
**Non-Perishable Food Product, 7-8 Years Old (Not a State Fair Class)**