

FOODS & NUTRITION
FOOD PRESERVATION
 Division 100
 Department 115

EXHIBIT RULES:

1. **Disposable** plates or pans **MUST** be used for all food exhibits (except Food Preservation).
2. Labels **MUST** be attached to underside of plate or pan with member's name and project unit.
3. **ALL** exhibits **MUST** have a copy of the recipe used securely attached in binder with e-Records. Food Preservation Units 41-45 include recipe and/or procedures.
4. No commercial mixes may be used in any exhibit.
5. Food items that would not be safe to eat at time of judging or that need refrigeration will **NOT** be accepted for judging.
6. A sample of each food exhibit will be kept for display. Remainder of exhibit will be sold with proceeds to be used for 4-H project training.

CORE FOODS

Unit 1

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, and exhibit recipe in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. Four baked drop or molded cookies of one recipe.

Classes:

1. Unit 1 - Junior
5. Unit 1 - Intermediate
9. Unit 1 - Senior

Unit 2

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, and exhibit recipe in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. Four fruit, vegetable, or whole grain muffins of one recipe.

Classes:

21. Unit 2- Junior
25. Unit 2 - Intermediate
29. Unit 2 - Senior

Unit 3

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, and exhibit recipe in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. One loaf (any size) quick bread (not a yeast product).

Classes:

41. Unit 3- Junior
45. Unit 3 - Intermediate
49. Unit 3 - Senior

Unit 4

- A. Completed e-Record including page 5 with record of expenses for all supplies used, and Food Preparation Project Activity Log in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. Copy of original recipe for exhibit and copy of the modified recipe showing modifications made. Recipes are to be included in binder with records.
- C. One loaf (any size) or four individual items illustrating a modified recipe (not a yeast bread).

Classes:

61. Unit 4- Junior
65. Unit 4 - Intermediate
69. Unit 4 - Senior

YEAST BREADS

Unit 11 -Yeast Breads, Year 1

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, Breads Experiment Report Sheet, and exhibit recipe in a sturdy binder with exhibitor name, county and project unit on binder cover.

- B. Completed breads experiments 1, 2, 3, 6 & 7 from Breads Manual reported on Breads Experiment Report Sheet.

- C. One loaf, any shape, of **batter** yeast bread.

Classes:

101. Unit 11- Junior
105. Unit 11 - Intermediate
109. Unit 11 - Senior

Unit 12 -Yeast Breads, Year 2

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, Breads Experiment Report Sheet, and exhibit recipe in a sturdy binder with

exhibitor name, county and project unit on binder cover.

- B. Completed breads experiments 4 & 5 from Breads Manual reported on Breads Experiment Report Sheet.
 - C. Four kneaded yeast rolls of one variety and shape.
- Classes:
- 121. Unit 12 - Junior
 - 125. Unit 12 - Intermediate
 - 129. Unit 12 - Senior

Unit 13 - Yeast Breads, Year 3

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, Breads Experiment Report Sheet, and exhibit recipe in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. Completed breads experiments 8, 10, & 12 from Breads Manual reported on Breads Experiment Report Sheet.
- C. One standard size (9" x 5") loaf of kneaded yeast bread of any variety.

Classes:

- 141. Unit 13 - Junior
- 145. Unit 13. Intermediate
- 149. Unit 13 - Senior

Unit 14 -Yeast Breads, Year 4

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, Breads Experiment Report Sheet, and exhibit recipe in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. Completed breads experiments 9 & 11 from Breads Manual reported on Breads Experiment Report Sheet.
- C. Creative yeast bread exhibit.
 - Option 1:** Edible creative yeast bread (i.e., French bread, French braid, specialty breads such as Swedish tea ring, bagel, Danish pastry)
 - Option 2:** Non-edible bread product made from an edible recipe (i.e., bread baskets, centerpieces, etc.)

Classes:

- 161. Unit 14 - Junior
- 165. Unit 14 - Intermediate
- 169. Unit 14 - Senior

BAKING

Unit 21 - Baking I

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, Baking Report Sheet, and exhibit recipe in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. Four biscuits of one recipe.

Classes:

- 301. Unit 21 - Junior
- 305. Unit 21 - Intermediate
- 309. Unit 21 - Senior

Unit 22 - Baking II

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, Baking Report Sheet, and exhibit recipe in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. One non-yeast coffee cake (can be exhibited in disposable baking pan).

Classes:

- 321. Unit 22 - Junior
- 325. Unit 22 - Intermediate
- 329. Unit 22 - Senior

Unit 23 - Baking III

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation. Project Activity Log, Baking Report Sheet, and exhibit recipe in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. One butter or sponge cake, un-iced.

Classes:

- 341. Unit 23- Junior
- 345. Unit 23 - Intermediate
- 349. Unit 23 - Senior

Unit 24 - Baking IV

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, Baking Report Sheet, and exhibit recipe in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. Recipes and documentation of making 4 regular-sized pies such as pictures making the pies.
- C. Exhibit of pie baking skills for one of the Options listed below. **NO cream fillings or pastries using eggs may be used for exhibit.**

Option A: 8" or 9" single crust fruit pie in a disposable pan. Fruit filling may be a commercial canned product. A crumb

topping may be used.

Option B: 8" or 9" double crust fruit pie in a disposable pan. Fruit filling **MUST** be homemade.

Option C: Choice of one of following:

1. 8" or 9" double crust fruit pie in a disposable pan using homemade fruit filling. Upper crust must be either lattice or have fancy edging.
2. 2 fruit filled empanadas or turnovers
3. 2 fancy pastries

Classes:

- 361. Unit 24- Junior
- 365. Unit 24 - Intermediate
- 369. Unit 24- Senior

SPECIALITY FOODS

Unit 25 – Outdoor Cooking and Living

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, and any special information about outdoor cooking such as high altitude adjustments in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. Exhibit **One** of the following:
 - * a box lunch of food-safe products or representation of the products (picture or models)
 - * one cup of instant drink mix, properly packaged
 - * a display illustrating what was learned about outdoor cookery set-up, or first aid
 - * a piece of outdoor cooking equipment made by the exhibitor.

Classes:

- 401. Unit 25 – Junior
- 405. Unit 25 - Intermediate
- 409. Unit 25 – Senior

Unit 30 - Cultural Foods

- A. Completed e-Records including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, and exhibit recipe in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. Cultural Foods Manual with Activity 1, page 11; Activity 2, page 12; Record pages 13 & 14; and Meal Report pages 15 & 16. Project story should emphasize accomplishments.
- C. A food product representative of a cultural or ethnic group in the United States that you studied.

Product must be safe to be held at room temperature during judging and display.

Classes:

- 421. Unit 30 - Junior
- 425. Unit 30 - Intermediate
- 429. Unit 30 - Senior

Unit 35 - Passport to Foreign Cookery

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preparation Project Activity Log, and exhibit recipe in a sturdy binder with exhibitor name, county and project unit on binder cover.
- B. Report about the country you studied following the guidelines in project manual.
- C. A food product representative of country studied.
Product must be safe to be held at room temperature during judging and display.

Classes:

- 441. Unit 35 - Junior
- 445. Unit 35 - Intermediate
- 449. Unit 35 - Senior

FOOD PRESERVATION

All canned foods must use standard canning jars. Screw bands can be used for transit but should be loosened and may be removed for judging.

Each label on a canned exhibit must include:

1. Name of product.
2. Method of preparation including type of pack, type or strength of syrup (if used), and use of any additional ingredients in the exhibit.
3. Method of processing (pressure or water bath).
4. Pounds of pressure, if pressure processed.
5. Elevation where processing occurred.
6. Processing time using the USDA times published in CSU Extension food preservation brochures.
7. Date processed (must have been completed since 2008 Morgan County Fair).

Each label on a dried food exhibit must include:

1. Name of product
2. Any pre-treatment used.
3. Listing of any added ingredients.
4. Method used for drying (oven, dehydrator, solar).
5. Total drying time
6. Date dried (must have been completed since 2008 Morgan County Fair).

Unit 41 - Freezing & Drying

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preservation Project Activity Log, and menus for 2 days with preserved foods designated in a sturdy binder with exhibitor name, county, and project unit on binder cover.
- B. Two of the following:
1. Packaging for freezing and explanation of use.
 2. Rotation plan for using foods in the freezer.
 3. 6 rolls of fruit leather or 6 strips of jerky (Must use CSU Extension recommended procedures for jerky. Jerky made with deer or elk meat must include a copy of CWD test results with records.)
 4. 1/2 cup of dried vegetables.
 5. 1/2 cup of dried fruit.

Classes:

- 501. Unit 41– Junior
- 505. Unit 41 - Intermediate
- 509. Unit 41– Senior

Unit 42 - Canning and Food Safety

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preservation Project Activity Log, and menus for 2 days with preserved foods designated in a sturdy binder with exhibitor name, county, and project unit on binder cover.
- B. One of the following:
1. 2 jars of different canned fruits.
 2. 2 jars of different canned vegetables.
 3. 1 jar of canned fruit AND 1 jar of canned vegetables.

Classes:

- 521. Unit 42 – Junior
- 525. Unit 42 - Intermediate
- 529. Unit 42 – Senior



Unit 43 - Pickles, Relishes, Jams and Jellies

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preservation Project Activity Log, and menus for 2 days with preserved foods designated in a sturdy binder with exhibitor name, county, and project unit on binder cover.
- B. Two of the following:
1. 1 jar of pickled fruit or vegetable, including chutney.
 2. 2 jars of one type of jelly.
 3. 2 jars of one type of jam, conserves, fruit butter, preserves, or marmalade.
 4. 1 jar of pickled relish or salsa

Classes:

- 541. Unit 43- Junior
- 545. Unit 43 - Intermediate
- 549. Unit 43– Senior

Unit 44 – Advanced Food Preservation

- A. Completed e-Record including page 5 with record of expenses for all supplies used, Food Preservation Project Activity Log, and menus for 3 days with preserved foods designated in a sturdy binder with exhibitor name, county, and project unit on binder cover.
- B. Three of the following:
1. 1 jar of canned vegetables.
 2. 1 jar of canned fruit.
 3. 1 jar of a pickled product.
 4. 2 jars of one type of jam, jelly, conserves, fruit butter, preserves, or marmalade.
 5. 1/2 cup each of any two dried products, OR 1/2 cup dried product and 6 strips jerky (Jerky must be made with CSU Extension recommended procedures. Jerky made with deer or elk meat must include a copy of CWD test results with records).
 6. Report on any phase of food preservation.

Classes:

- 561. Unit 44 – Junior
- 565. Unit 44 - Intermediate
- 569. Unit 44 – Senior

BALL FreshPreserving YOUTH AWARD

This award promotes the art of Food Preservation and honors youth who excel in home canning.

Jarden Home Brands, makers of Ball® & Kerr® FreshPreserving Products, will provide awards to the best exhibit submitted by a youth, provided it is preserved in one of the following:

- * Ball® Jars sealed with Ball® Lids and Bands
- * Ball® Collection Elite® Jars and sealed with Ball® Lids and Bands or Ball® Collection Elite® Lids and Bands,
- * Kerr® Jars sealed with Kerr® Lids and Bands

Best Youth Entry in Canned Fruit

Ball or Kerr FreshPreserving Product Coupons

Best Youth Entry in Canned Vegetable

Ball or Kerr FreshPreserving Product Coupons

Best Youth Entry in Soft Spreads (jams & jellies)

Ball or Kerr FreshPreserving Product Coupons

The Soft Spreads entry must include the UPC from a Ball® Fruit Pectin product (Original, No Sugar, or Liquid). A proof of purchase of Ball® Fruit Pectin must be provided with entry.

Best Youth Entry Pickled Product

Ball or Kerr FreshPreserving Product Coupons

BEST OF BREADS

Best Yeast Bread Exhibit

Sponsor: Colorado Wheat Administration Committee

JUNIOR GRAND CHAMPION FOODS

Sponsor: Great Copier Service, Fort Morgan

SENIOR GRAND CHAMPION FOODS

Sponsor: Olde Tyme Country Store, Brush
Mike Dixon & Bruce Bass