

Food and Nutrition Department

Revised 7-2020

Superintendent	Floy Ziegler – flzwez@yahoo.com
Assistant Superintendent	Nancy Solf
Entry Open To	King County 4-H members enrolled in a food project

No limit on entries. This includes all food items or related exhibits.

- Food items made from, with or containing commercial products, such as Bisquick®, store bought frosting, packaged mixes are not allowed. Home grown, gleaned or home preserved products may not be used due to Health Regulations. Alcoholic products are not to be used in any food product exhibit.
- Preserved entries in class 4 must have been canned after the end of last year's County Fair.
- For health and safety reasons the most current USDA publications for food preservation processing times and methods must be followed.
- Refer to EM4748 "Judging Baked Products."
- Bread products made all or in part with a bread-making machine will not be allowed.
- Recipe must be provided for all food entries. If missing, item will be disqualified.
 - Leaders/parents may assist members with recipe.
 - Must be complete including measurements, steps in processing, time and temperatures, number of servings it makes.
 - Recipe must be legible – uploaded as a Word or PDF file.
 - Exhibitors' name, age, grade, Club name, must be on the top of the recipe.
 - Must include method of preparation and/or processing time for preserved foods and include length of storage.
- Each food exhibit must be entered through FairEntry.

Entry will consist of photographs as indicated in each class. Member must be in at least one photo for each entry.

- Photograph in a well-lit area and try to reduce a many shadows and glares as possible.
- Recipe must be uploaded for ALL entries. Indicate on recipe card if exhibit has been frozen.

Premium Points, Classes 1 - 11: Blue 30

Red 23

White 17

Class 1: Yeast Bread/Roll State Qualifying Class

Lot A - 1 loaf of white, whole wheat, or variety yeast bread including an end Lot B - 3 yeast rolls

Yeast Breads (3 photos) (One standard loaf. One photo of the top; one photo of bottom/side; cut in half and one photo of the inside.)

Yeast Rolls (3 photos) (Three rolls. One photo of the tops; one photo of bottoms/sides; break in half and one photo of the inside.)

Class 2: Quick Breads and Muffins State Qualifying Class

Lot A - 1 loaf – unsliced,
including an end Lot B - 3
muffins, biscuits or scones

Quick Bread Loaf (3 photos) (One standard loaf. One photo of the top; one photo of bottom/side; cut in half and one photo of the inside.)

Quick Bread Rolls (3 photos) (Three rolls. One photo of the tops; one photo of bottoms/sides; break in half and one photo of the inside.)

Class 3: Desserts State Qualifying Class

Lot A - 3 cookies
Lot B - Cake
Lot C - 3 pieces of candy
Lot D - Pastries and Pies – 1 whole pie, or cobbler or tart.

Cookies/Candy (1-2 photos) (Three cookies/candies are to be plated. Two cookies right-sides up and the third upside-down **and** broken in half showing the inside and bottom.)

Cake (3 photos) (One photo of entire cake. Cut a slice and place next to the cake. Submit two photos of the slice showing side and bottom of the slice.)

Cupcakes (1-2 photos) (Three cupcakes are to be plated. Two cupcakes right-side up and the third upside-down **and** sliced in half showing the inside and bottom.)

Pies (3 photos) (One pie; one photo of entire pie; cut a slice and place on a plate next to the pie; submit two photos of the slice – one of the side showing the filling and one of the slice upside down.)

Class 4: Baked Item – Special Diet State Qualifying Class

Enter the required amount for the type of item (may be diabetic, gluten free, vegan etc.). Include 3x5 card with nutritional information.

(1-2 photos) (Remove a portion of the product and place it upside down on a dessert type plate showing the bottom. Only one photo is needed showing the entire dish and plated portion.)

Class 5: Single Containers Preserved Foods State Qualifying Class

Refer to C0946 “Judging Preserved Food.”

Exhibitors may enter two entries per class/lot. Canning rings must be removed in the photos. Submit three photos of the jar: one of the entire front of the jar, one of the entire back of the jar, plus one more. Submit one photo of the 4-H canned foods label C0804. Include source of the recipe on all entries.

Lot A - ¼ - ½ cup dried food product Bring a completed label C0804 with entry.
If label is missing, item will be disqualified.

Lot B - One jar of canned fruit or vegetable

Entry must be exhibited in standard canning jars, sealed with flat metal lids, with screw bands attached. Attach a completed C0803 4-H Food Preservation label to the top of the flat lid. If label is missing, item will be disqualified.

Lot C - One jar of pickles, relish, chutney, etc. (pickled products only).

Lot D - One jar of Jelly, Jam Preserves, Conserve or Marmalades. No frozen jams.

Paraffin seal is not accepted.

Lot E - One jar of meat, fish or poultry.

Lot F - Vinegar – one clear glass jar or clear glass container.

Class 6: Preserved Food Quick Meal State Qualifying Class

Develop a menu for a meal utilizing 3-6 jars of home canned and/or dried foods to be used with the meal. Submit pictures of the home preserved foods. Include nutritional information and food preparation methods appropriate to the preserved foods. Send via pdf or word document

Class 7: Decorated Cake - State Qualifying Class

Cardboard, or Styrofoam interior. Decorating must show originality and precision. Indicate on index card the reason for occasion and design, who the cake would be for, and what was learned in the decorating process. It is acceptable to use store bought frosting for this class only. Will only be evaluated on the artistic work. Submit up to four photos (1 photo of entire cake, up to three photos showing the details of your work).

Class 8: Homemade Dry Mixes – Standard Canning Jar/Container

Must include recipe of how mix is made, storage and quality date instructions. Must also include a separate recipe for use of dry mix. Applications of decorations and gift tags are acceptable, provided product is thoroughly visible. Submit a picture and either a pdf or word document describing the occasion and/or purpose/theme of the basket.

Class 9: Food Gift Basket/Container State Qualifying Class

Must include no less than three different home prepared food items: e.g. baked, canned, dried, food mixes, etc. Submit a picture and either a pdf or word document describing the occasion and/or purpose/theme of the basket.

Class 10: Modified Recipe State Qualifying Class

A recipe that has been modified for a special diet or to make it healthier. Submit both the original and modified recipe. List the changes made to make the items healthier (less calories, less fat content etc.). Send via pdf or word document.

Class 11: Menu Plan State Qualifying Class

List a menu plan for three days. Include a personal recipe book with at least ten recipes that you will use during those three days. Recipes to include ingredient list and preparation instructions. Send via pdf or word document.

Class 12: Cloverbud 4-H

Lot A - Any Cloverbud activity.

