

## DEPARTMENT 25 JUNIOR FOODS & NUTRITION



Superintendent – Betty Sacia Assistant – TBD

1. It is recommended that all food entries be brought in on Wednesday AM.
2. Display must be scrapbooks, report or visual displays (not posters).
3. Nuts are not allowed in baking items.
4. Entries should not be frosted.
5. Plates are furnished on entry day.
6. Baking must be the work of the exhibitor.
7. Cake Entries – only 8"x8" or 9"x13" pan size entries will be accepted. A 4"x4" corner piece will be cut by the exhibitor and left at the fair on entry day.
8. Bread Entries – Full loaf must be brought and cut in half by the exhibitor. Half will be left at the fair on entry day.
9. Rhubarb will be considered a fruit and pumpkin a vegetable for baked food and food preservation entries.
10. Food Preservation Guidelines:  
All Food Preservation exhibits must be in standard canning jars and must state method of preservation such as hot water bath or pressure canned, length of processing time and date canned. Indicate if type and amount of acid used when appropriate. Tape labels securely on jars. Rings should be removed from the jars. **Current USDA and University Extension canning procedure must be followed.** All entries must be processed after previous years La Crosse Interstate Fair.
11. Jam & Jelly Entries – No freezer jam or jelly.
12. Dried Foods Entries – 1/4 cup measure in clean sealed plastic clear bag unless otherwise stated.
13. Check your 4-H newsletter and the foods judging table, upon check-in, for the time schedule of judging.

### Premiums:

1st \$2.00    2nd \$1.75    3rd \$1.50    4th \$1.25

- CLASS A – FOODS and NUTRITION PROJECT – Grade 3-4**  
**CLASS B – FOODS and NUTRITION PROJECT – Grade 5-6**  
**CLASS C – FOODS and NUTRITION PROJECT – Grade 7-9**  
**CLASS D – FOODS and NUTRITION PROJECT – Grade 9 & Over**

Item No.	A	B	C	D	Description
1	1		1	1	Rolled cutout white sugar cookies (3)
2	2		2	2	Chocolate chip drop cookies (3)
			3	3	Oatmeal drop cookies (3)
			4	4	Pressed or Spritz cookies (3)
			4	4	Nationality cookies (3), include a card with recipe, method of preparation, and country where cookie is served.
3	3		5	5	Chocolate brownies, unfrosted (3)
			5	5	Bar other than brownie, baked and unfrosted (3)
4	4	6	6	6	Muffins, made with fruit (label type), (3) (baked in cup papers)
5	5	7	7	7	Muffins, made with vegetable (label type) (3) (baked in cup papers)
8	8	10	9		Cake, yellow made from mix
9	9	11	10		Cake, homemade, not from a mix
10	10	12	11		Quick bread, 1 small loaf (3"x5"), any variety (label variety)
11	11	13	12		Baking powder biscuits, dropped, (3)
18	18	25	23		Baking powder biscuits, rolled, (3)
	12	14	13		Pretzels (3) without use of yeast
		15	14		Pretzels (3) yeast
		16	15		Bread sticks (3) yeast
		17	16		Dinner rolls (3) yeast
		18	17		Bread (white, yeast), 1-loaf, not bread machine

12	13	19		Bread, white, yeast, from bread machine, not from a mix, 1-loaf
13	14	20	18	Bread, whole wheat, yeast from bread machine, not from a mix, 1-loaf
14	15	21	19	Bread, whole wheat, not from bread machine, 1-loaf
		22	20	Bread, yeast, any other variety, not from machine (label variety)
	16	23		Bread, from a bread machine-not from a mix, 1 loaf any other variety (label variety)
	17	24	21	Any other yeast item any other, label variety
			22	Pastry shell (4-inch disposable tin)

### Premiums:

1st \$2.00    2nd \$1.75    3rd \$1.50    4th \$1.25

Item No.	A	B	C	D	Description
15	57	69	67		Scrapbook or display on My Plate
16	58	70	68		Scrapbook or display on kitchen safety
		59	71	69	Scrapbook or display on fast food nutrition
		60	72	70	Scrapbook or display on packing a safe food lunch
		61	73	71	Scrapbook or display on pasta varieties
		62	74	72	Scrapbook or display on careers in nutrition
		63	75	73	Scrapbook or display on food and fitness
		64	76	74	Scrapbook, report or display on safe use of microwave
		65	77	75	Scrapbook, report or display on safe use of microwave utensils
		66	78	76	Scrapbook, report or display on proper food preservation techniques
		67	79	77	Collection of microwave recipes you have tried
		68	80	78	Collection of food preservation recipes you have tried
		69	81	79	Collection of any food recipes you have tried
		70	82	80	Scrapbook, report or display modifying recipes to promote optimal nutrition, 1-5 recipes showing original recipe and reason for changes

### Premiums:

1st \$2.00    2nd \$1.75    3rd \$1.50    4th \$1.25

### CLASS E – CAKE DECORATING

**NOTE:** No commercial decorations. All containers and decorations will be disposed of at the end of the fair.

#### Member's Grade:

3-7		8-13		Description
Item No.	Item No.	Item No.	Item No.	
1		7		2 cup cakes using 1-2 frosting techniques
2		8		2 cup cakes using 3 or more frosting techniques
3		9		2 cup cakes using edible decorations
4		10		2 cup cakes using non-edible decorations
5		11		2 cup cakes using 3 or more techniques including frosting techniques, edible decorations, and non-edible decorations. (List techniques used)
6		12		8 x8 frosted cake, not in pan, decorated using 3 or more techniques including frostings, and or edible decorations and non-edible decorations. (List techniques used)

13 8 x 8 cake, not in pan, using fondant techniques (list techniques used)

**CLASS F – FAVORITE FOODS REVUE**

Members may enroll in up to two categories they are enrolled in as 4-H projects.

**NOTE: All Foods Revue entries must submit a 5x7 photo of exhibitor with their actual Foods Revue entry on an 8 1/2 x 11 sheet of paper at the drop-off time for all Fair entries in the Old Youth Building.**

**Premiums:  
\$1.00 each participant**

**Item No.**

1. Cloverbud -Grades K-2, enrolled as Cloverbud

**Premiums:  
1st \$3.00 2nd \$2.75 3rd \$2.50 4th \$2.25**

**Item No.**

2. Exploring -Grade 3-4, enrolled in Exploring and not in foods project
3. Foods Revue – Grades 3-4
4. Foods Revue – Grades 5-6
5. Foods Revue – Grades 7-8
6. Foods Revue – Grades 9 & Over
7. Cake Decorating – Grades 3-5
8. Cake Decorating – Grades 6-8
9. Cake Decorating – Grades 9-13

**EDNA HOTH MEMORIAL AWARD**

Funds donated to the Ag. Society through the Hoth Memorial has allowed the Jr. Food Preservation fair exhibits the following:

1. A \$20.00 award to the best exhibit of home-canned PEACHES in CLASS GA/GB Combined (one overall award).
2. A double premium will be awarded to those exhibiting home-canned food items. (Dried foods are not included). The premiums stated are reflective of the doubled rate.



**NOTE:** Exhibitor must receive a blue placing in order to qualify for the special Food Preservation and Hoth Memorial awards.

**CLASS GA – Members enrolled in FOOD PRESERVATION, CANNED FOODS grades 3-8**

**CLASS GB – Members enrolled in FOOD PRESERVATION, CANNED FOODS grades 9-13**

**Premiums:  
1st \$4.00 2nd \$3.50 3rd \$3.00 4th \$2.50**

**Item No.**

1. Canned peaches
2. Canned pears
3. Canned applesauce (strained)
4. Canned apples (quartered)
5. Canned cherries (pitted)
6. Canned blackberries
7. Canned any other fruit (label variety)
8. Canned tomato juice
9. Canned tomato sauce, meatless
10. Canned salsa
11. Canned tomatoes, whole or quartered
12. Canned green beans (cut)
13. Canned yellow beans (cut)
14. Canned carrots
15. Canned any other vegetable (label variety)
16. Canned beet pickles
17. Canned bread and butter pickles
18. Canned sweet pickles
19. Canned dill pickle (fermented)
20. Canned dill pickles (non-fermented)
21. Canned any other pickle (label variety)
22. Canned relish (any variety, label variety)

23. Jam (any variety, label variety)
24. Jelly (any variety, label variety)
25. Fruit butter (any fruit, label variety)

**CLASS H– Members enrolled in FOOD PRESERVATION, DRIED FOODS grades 3-13**

**Premiums:**

**1st \$2.00 2nd \$1.75 3rd \$1.50 4th \$1.25**

**Item No.**

1. Dried corn
2. Dried onions
3. Dried carrots
4. Dried peppers
5. Dried celery
6. Dried vegetable (any other not listed) (label variety)
7. Dried apples
8. Dried peaches
9. Dried cherries
10. Dried strawberries
11. Dried fruit (any other not listed) (label variety)
12. Apple leather 3 pcs.
13. Banana chips
14. Tomato leather, 3 pcs.
15. Any other fruit or vegetable leather or chip not listed (label variety), 3 pcs
16. Dried parsley
17. Dried dill
18. Dried chives
19. Any other dried herb or seasoning not listed above (label variety)
20. Dried meat jerky, 3 pcs.

**CLASS I – MICROWAVE COOKING 1, 2, 3 and 4**

Open to exhibitors enrolled in the Microwave Cooking 1, 2, 3 and 4 projects. One serving size is adequate for exhibit. Entire exhibit must be made using a microwave cooking process.

**Premiums:**

**1st \$2.00 2nd \$1.75 3rd \$1.50 4th \$1.25**

**Item No.**

1. Microwave nutritional snack (label variety)
2. Microwave candy
3. Microwave cookies/cereal bars, 3
4. Microwave cupcakes, 3
5. Microwave muffins, 3
6. Microwave cake, 1/2 of round single layer
7. Educational display on microwave cookery or microwave tips



**2023 KING ARTHUR BAKING CONTEST**



**OPEN TO:** All Junior Foods Exhibitors  
**KING ARTHUR BAKING CONTEST PRIZES:** Junior Category

- 1st place: \$40 gift certificate to shopping at kingarthurbaking.com
- 2nd place: \$25 gift certificate to shopping at kingarthurbaking.com
- 3rd place: King Arthur Tote Bag
- All winners will also receive a gorgeous ribbon

**RULES FOR ENTRY:**

1. Pre-enter with your fair entry.
2. Exhibitor must bring the opened bag of King Arthur Flour or submit a UPC label from the flour bag when he/she submits the entry.
3. Contestant must enter an item from the list of options using a recipe of choice.
4. An entry tag will be provided for the exhibit item.
5. Must provide a legible recipe, with the entry, preferably typed on a 3"x5" or 4"x6" card.
6. All entries must be cut and placed on fair provided disposable trays.
7. Failure to follow the rules may result in disqualification.
8. King Arthur is not responsible for replacing lost or misplaced prizes or ribbons (including: gift cards).

Criteria for judging of baked goods.

Taste.....	50 points
Overall Appearance + Creativity.....	25 points
Texture.....	25 points
<b>TOTAL.....</b>	<b>100 points</b>

**Premiums:**

**1st \$2.00    2nd \$1.75    3rd \$1.50    4th \$1.25**

**CLASS J – KING ARTHUR BAKING CONTEST**

Item No.

1. Any muffin (3), not exhibited in Class A-D
2. Any Cookie (3), not exhibited in Class A-D
3. Any Brownie (3), not exhibited in Class A-D

**NEW – 2023 Wisconsin County Fair...Bake Your Best Blue Ribbon Bundt® Contest**

WI State Fair – Saturday, August 12, 2023

The winner will need to provide a Bundt® cake to WI State Fair.  
Sponsored by the Wisconsin State Fair



The county winner will receive 2 complimentary tickets to state fair and one parking pass valid for Saturday, August 12, 2023.

Awards provided by Wisconsin State Fair:

- 1<sup>st</sup> - \$200
- 2<sup>nd</sup> - \$100
- 3<sup>rd</sup> - \$50
- 4<sup>th</sup> - \$25

Score Card for 2023 Wisconsin County Fair...Bake you Best Blue Ribbon Bundt®

Taste	40
Use of Wisconsin Ingredients	35
Creativity	25
<b>TOTAL</b>	<b>100</b>

La Crosse Interstate Fair Entry Process

- Make an exhibitor entry online in Blue Ribbon
- Contest is open to Youth and Adults and will be judged separately for fair premium placing.

- Top Blue from Youth and Open Class will compete to represent the county.

One winner from the fair will represent us at the Wisconsin State Fair, 2023 Wisconsin County Fair...Bake Your Best Blue Ribbon Bundt® Contest

**1st \$2.00    2nd \$1.75    3rd \$1.50    4th \$1.25**

**CLASS K – 2023 Wisconsin County Fair...Bake you Best Blue Ribbon Bundt®**

Item No.

1. Bundt® cake (1 complete cake)

Rules for Entry:

- Please provide a copy of the recipe
- Recipe must be typed on 8½" x 11"
- Recipe font size must be 12 point or 14 point
- If recipe is more than one page, use additional sheets of paper (single sided only) See sample below.
- All entries must be typed or they will be disqualified.
- All entries must be original to the baker entering them.
- No prepared mixes may be used. All Bundt® cakes should be presented on plates not to exceed 14 inches.
- Exhibitor's entry plate will not be returned.

**Required format for Bundt® recipe**

Baker Name _____	
County or District Fair Name _____	
Recipe Name: _____	
Ingredients:	
_____	_____
_____	_____
_____	_____
Recipe:	
_____	
_____	
_____	
_____	
_____	
_____	

**Must be on 8½" x 11" paper**