

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. All entries need to be placed on fair provided disposable trays on entry day.
6. Baking must be the work of the exhibitor.
7. Cake Entries – On entry day, exhibitor must bring the whole cake baked in either an 8"x8" or 9"x13" size pan and cut a 4"x4" corner piece from it to leave at the fair.
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 \$3.00 2nd \$2.75 3rd \$2.50 4th \$2.25

- 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	1	Rolled cutout white sugar cookies (3)
2	2				Chocolate chip drop cookies (3)
		2	2		Oatmeal drop cookies (3)
		3	3		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				Chocolate brownies, unfrosted (3)
		5	5		Bar other than brownie, baked and unfrosted (3)
4	4	6	6		Muffins, made with fruit (label type), (3) (baked in cup papers)
5	5	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)

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

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		
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

FOOD PRESERVATION

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 \$3.00 2nd \$2.75 3rd \$2.50 4th \$2.25**

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

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.

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



2026 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 and 3rd place: \$25 gift certificate to shopping at kingarthurbaking.com
- 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 may enter a recipe of choice or use one from the King Arthur website: <https://www.kingarthurbaking.com/recipes/blondies-recipe>
4. Must provide a legible recipe, with the entry, preferably typed.
5. All entries must be placed on fair provided disposable trays.
6. Failure to follow the rules may result in disqualification.
7. 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.....	<u>25 points</u>
TOTAL.....	100 points

CLASS J – KING ARTHUR BAKING CONTEST

Item No.

1. Blondie Brownie (3)

NEW – 2026 Wisconsin County Fair...Outrageous Oatmeal Cookie Creation Contest – WI State Fair



Do you want to be the La Crosse Interstate Fair representative at the WI State Fair?

Tap into your best classic family oatmeal cookie recipe then branch out with amazing add ins to make the most Outrageous Oatmeal Cookie! Wow the judges with the chewiest and delightful golden oatmeal cookies. The Outrageous Oatmeal Cookie contest will be held on Saturday, August 15, 2026

Junior members are invited to participate in this culinary baking contest. Details are listed under Open Class Foods & Nutrition. To enter, please set up an open class online account in Blue Ribbon and enter in the Department 125, Class O, Item #1.