

DIVISION J-6: FOODS AND NUTRITION

Junior Superintendent: Kelsi Bryan

Department Heads: Cheryl Newell, Brenda Goode

SECTION A: BAKED GOODS AUCTION

No Grade Premiums Awarded

12:00 noon - 3:00 p.m., Tuesday, September 18 Baked Goods Auction, entries in place - Junior Fair Building

4:30 p.m., Tuesday, September 18 Baked Goods Auction Interviews - Junior Fair Building

6:30 p.m., Tuesday, September 18 - Baked Goods Auction - Junior Fair Show Arena

1. Read the GENERAL RULES APPLYING TO ALL JUNIOR FAIR EXHIBITORS.
2. Participants must score at least 70 points in the Nutrition Skillathon to be eligible for the baked goods auction.
3. Entries must be checked in at the Junior Fair Building between noon and 3:00 p.m.
4. There will be a Junior and Senior Division. Junior Division will be limited to those who are in the 8th grade or below as of the current fair. Senior Division will be limited to those who are in the 9th grade or above as of the current fair.
5. A complete written recipe must accompany each auction entry and will be reviewed during registration. Recipes can be reviewed prior to fair by dropping them off at the Extension Office.
6. Exhibitors may enter only one class.
7. Exhibitor must make entire exhibit.
8. Entries, except for decorated cakes, will be cut for judging.
9. The exhibitor is responsible for removing their entry after the auction.
10. Exhibitors of best 5 in each class (as determined by judges) will be interviewed briefly at approximately 4:30 p.m. This will be done before selection of Champion and Reserve Champion.
11. Champion and Reserve will be selected in each class.
12. To be selected as Champion or Reserve Champion, exhibitor must be present for interview and auction.
13. First place winners will sell in the auction. Only the Champion Baked Goods will be auctioned.
14. Champion winner from previous year may NOT compete for same champion award two consecutive years. This allows more exhibitors a chance to win plus encourages a broad range of baking experiences for exhibitors.
15. An exhibitor in the baked goods auction cannot enter, show or sell a market animal or item in the same year.
16. 5% of auction sales will be retained for sale expenses.
17. Winners must transport winning entries to sale arena.
18. Steer Sale Committee reserves the right to handle any matters related to the auction.
19. Due to food safety concerns, baked goods products which require refrigeration are not allowed as entries for baked goods auction. The following lists what will disqualify a Baked Goods Auction entry:
A. Food containing uncooked or undercooked (raw) eggs or egg products. Only commercially pasteurized dehydrated egg whites will be permitted in icings. No powered egg whites will be allowed in icings.
B. Foods containing uncooked or undercooked dairy products such as sour cream, cream cheese, milk, cream, etc. A small amount of milk in combination with confectioners sugar will be allowed in making icing for baked goods including the auction. Use just enough milk to make the icing the desired consistency.
C. No prepared or commercial mixes or fillings may be used as the main ingredient in or on any baked goods except Junior and Senior Decorated Cake classes. Prepared mixes are purchased mixes such as: biscuit mix, pudding mix, canned pie fillings, cake mix, prepared icings, etc.

D. Foods containing or made with custard, pudding, or egg bases. These include: cream pies, custards, cream filled donuts, cream puffs, brownies and cakes containing cream cheese filling, brownies and cakes containing custard, cream or pudding fillings, pumpkin pie, cream cheese frosting, sour cream frosting, sour cream frosting, whipped cream topping frostings, pudding frosting, etc.

PRODUCTS IN VIOLATION OF ANY OF THE ABOVE FOUR POINTS WILL BE DISQUALIFIED AND SENT HOME. Ingredients which are allowed in a thoroughly baked product include eggs (Eggs in icing, whether cooked or uncooked, will not be allowed), milk, cream cheese (well blended with all other ingredients and not left in clumps), mayonnaise/salad dressing, cheese, etc. Judges and fair board committee reserves the right to make final decision on questionable products. If in doubt about ingredients or procedures of a recipe, call the Extension Office for clarification well in advance of judging or select another recipe without any questionable ingredients.

Section A: Baked Goods Auction

- Class 1 - Yeast Bread Conventional Loaf Senior Division - No breads made in a bread machine. Entry must be loaf shaped white or multi-grained bread. Whole wheat, rye, oats or other grains may be used. Do not use fruits, vegetables, nuts or spices as ingredients in this class.
- Class 2 - Yeast Bread Novelty Senior Division – Non-conventional shapes and/or ingredients. Bread may be twisted, circled, braided or other shape. Ingredients may include fruits, vegetables, nuts and/or spices. (A loaf shaped bread with fruit or nuts would be appropriate in this class.)
- Class 3 - Fruit Pie (pastry crust) Senior Division
- Class 4 - Decorated Cake Senior Division
- Class 5 - Iced Cake (2 or 3 layers) Senior Division
- Class 6 - Muffins (dozen) Junior Division
- Class 7 - Fruit, Vegetable, or Nut Bread Junior Division
- Class 8 - Fruit Pie (pastry crust) Junior Division
- Class 9 - Decorated Cake Junior Division
- Class 10 - Iced Cake (2 or 3 layers) Junior Division

SECTION B: PLACE SETTING CONTEST

No Grade Premiums Awarded

3:00 p.m. – 5:00 p.m., Saturday, September 15
Junior Fair Building

1. Participants must be enrolled in a human food & nutrition 4-H project or FCCLA class in the current year.
2. Participants may enter in no more that 2 classes.
3. Participants must provide a place setting for one, and a menu to meet the theme selected. Menu total size may be no larger than 8 ½" x 11". Place setting may include centerpiece, placemat, napkin, table favors, and other items appropriate for the theme. Place setting decorations must hold up the entire fair, therefore, fresh flowers and perishable items may not be used in the entry.
4. Total exhibit must be set up in a space no larger than 30" x 30".
5. All entries will be released at the conclusion of the class and may be taken home or displayed in their club/youth organization's booth. 1st and 2nd place entries will be displayed in the county booth with the clothing projects.
6. Judging of entries will be based on ability to follow theme, use of appropriate place-setting etiquette, attractiveness, creativity and the menu meets appropriateness of chosen theme and utilizes healthy food choices following the food guide pyramid requirements.

Section B: Place Setting Contest

- Class 1 Celebration (Judging time: 3:00 pm)
- Class 2 Patriotic Picnic (Judging time: 3:30 pm)
- Class 3 Pumpkin Patch Lunch (Judging time: 4:00 pm)
- Class 4 My Heritage Dinner (Judging time: 4:30 pm)

AWARDS

- 1st – 5th Place in class Rosettes
- Best of Show Trophy

SECTION C: 4-H FOOD & NUTRITION EXHIBITS

Premium Grades: A - \$4.00 B - \$3.00 C - \$2.00

1. There will be no judging or interviewing for classes in Section B at the fair. All entries must be judged at 4-H Food Fair during summer of the current year.
2. Exhibit consists of days menu brought to Food Fair and score sheet from Food Fair.
3. Exhibit is to be dropped off in the Jr. Fair Building no later than Monday.

Section C: 4-H Food & Nutrition Exhibits

- Class 1 - I Spy In The Kitchen
- Class 2 - Mini Meal Magic
- Class 3 - Let's Bake Quick Breads
- Class 4 - You're the Chef
- Class 5 - Pathways to Culinary Success
- Class 6 - The Outdoor Chef
- Class 7 - Meals In Minutes
- Class 8 - Star Spangled Foods
- Class 9 - Food and Fitness for Fun
- Class 10 - The Global Gourmet
- Class 11 - Fast Break for Breakfast
- Class 12 - Food and Fitness Choices for You
- Class 13 - Yeast Breads on the Rise