

## DEPARTMENT: FOODS AND NUTRITION

Superintendents: Debbie Rickabaugh, Pam Williams, Joyce Bradford

### SECTION 112: 4-H FOODS & NUTRITION PROJECTS

Summer Interview Judging (for fair awards): Tuesday, July 21 (Times to be announced in late May).  
Byxbe Building, 1610 State Route 521, Delaware

Judging (for grade and premium only): 9:00 am – 1:00 pm, Saturday prior to fair, those judged in July cannot be judged again at this judging. Agricultural Center

*\*\*For 2026, Ohio 4-H will continue with "My Plate" for state fair and county judgments.\*\**

Premiums: A - \$6.00 B - \$4.00 C - \$2.00

1. Read the FAIR GENERAL RULES.
2. Exhibitors have two options for judging. Those that want to compete in the Baked Goods Auction or be eligible for awards must do the competitive judging. Exhibitors that want to just show their project and receive a grade can do a simpler non-competitive judging.
3. Exhibitors must exhibit their project portfolio or poster by bringing it to the Agricultural Center during judging on the Saturday prior to fair, or during the week prior to fair on Wednesday, Thursday, from 6 - 9 p.m. or Friday from 1 - 8 p.m. The exhibit must remain in place until the official release time for Agricultural Center exhibits. Failure to display an exhibit during the fair will result in not receiving a grade premium.

### COMPETITIVE FOODS JUDGING RULES

1. An exhibitor must have completed a project in foods and human nutrition in 4-H the current year to participate in food & nutrition judging and to enter the Baked Goods Auction. Once a member has taken advanced level foods and nutrition project they are not eligible to compete for awards or for Baked Goods Auction with a beginner level food and nutrition project.
2. Summer Judging is the judging that will be used for Delaware County Fair grade, premium, awards and selection of State Fair delegates.
3. September judging is offered for those not participating in the July judging and who want to complete in the Baked Good Auction. Exhibitors can have their project judged on Saturday prior to fair for grade, exhibit premium and consideration for outstanding project ribbon. However, they are not eligible for trophies. Those judged in July cannot be judged again at this judging.
4. Exhibitors must bring the following 3 items to judging:
  1. Your completed project book. Those without project books will have a grade deduction.
  2. Project Presentation Portfolio.

A) The Portfolio is specific to the participant's book. The participant will be responsible for bringing a 3-pronged folder or binder, not a poster, that includes 8 ½" x 11" pages. The participants will create a maximum of one page (one-sided only) per "activity area" or "interest area" as designated in the front of their project books. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or could be a combination of styles allowing the 4-Her to reflect on their learning experience. There will be no points for scrapbooking style.

B) Portfolios are evaluated on the inclusion of information about the interest or activity areas listed in the front of each book, the organization of the materials, verbal presentation, and communication with the judge regarding their portfolio.

C) The member's project book may not be a part of their portfolio.

D) A poster will NOT be accepted in place of a portfolio. You MUST use the above stated format.

3. A complete written menu, based on Choose My Plate guidelines, for one day's meals and snacks, including a food item from the project book. (For example, from the Star Spangled Foods project you could make a menu for the day that includes the coffee cake in your breakfast section of your daily menu.)

## Competitive Food Judging Classes

### Class 11201 - Competitive 4-H Food Projects

Subclasses include Let's Start Cooking (B), Snack Attack (B), Take a Break for Breakfast (B), Everyday Food and Fitness (B), Let's Bake Quick Breads (I), Racing the Clock to Awesome Meals (I), Grill Master (I), Beyond the Grill (A), Star Spangled Foods (I), Sports Nutrition: Ready, Set, Go (I), Party Planner (I), Yeast Breads On The Rise (A), Cooking on My Own (A), Global Gourmet (A), Kitchen Boss (A)

### 4-H FOODS & NUTRITION JUDGING AWARDS

#### Trophies

Best Beginner Food Project

Best Intermediate Food Project

Best Advanced Food Project

Rosettes for Outstanding Project

### NON-COMPETITIVE FOODS JUDGING RULES

1. Exhibitors will participate in an interview evaluation with a judge. Exhibitors will be judged based on their knowledge, skill, and understanding related to the project, the quality of their exhibit and project records in documenting their project accomplishments, and interview performance.

2. Exhibitors must bring their project book to the interview judging. Those without project books will have a grade deduction.

3. Exhibitors must bring one non-perishable article or display that represents what was learned in the project. Posters are recommended displays for food projects. The poster board must not exceed 22 inches by 28 inches. Oversized posters will NOT be exhibited. A project book cannot be used as the exhibit.

4. Exhibitors may bring other materials they feel might demonstrate their learning experiences of the current project. These items are not to be left for exhibit.

#### Non-Competitive Food Judging Class

##### Class 11202 - Non-competitive 4-H Food Project

Subclasses include Let's Start Cooking (B), Snack Attack (B), Take a Break for Breakfast (B), Everyday Food and Fitness (B), Let's Bake Quick Breads (I), Racing the Clock to Awesome Meals (I), Grill Master (I), Beyond the Grill (A), Star Spangled Foods (I), Sports Nutrition: Ready, Set, Go (I), Party Planner (I), Yeast Breads On The Rise (A), Cooking on My Own (A), Global Gourmet (A), Kitchen Boss (A)

## **SECTION 113: BAKED GOODS AUCTION**

No Grade Premiums Awarded

1:00 – 2:30 p.m., Tuesday, Entries Must Be Dropped Off – Agricultural Center

3:30 p.m., Tuesday, Interviews – Agricultural Center

5:00 p.m., Tuesday – Sale Begins (order of sale in Sale Rules) - Junior Fair Show Arena

### **1. Read the FAIR GENERAL RULES and the Junior Fair Sale Rules.**

2. 4-H Participants must take a Foods and Nutrition 4-H Project and receive an “A” grade at the Summer Judging in July or at the judging in September to be eligible for the baked goods auction.
3. An exhibitor in the baked goods auction may exhibit items in other Sale Eligible Departments as outlined in the Fair General Rules and Junior Fair Sale Rules.
4. Entries must be checked in at the Agricultural Center between 1:00 p.m. and 2:30 p.m. Entries arriving after judging has begun are not eligible. Exhibitor does not need to be present when entry is dropped off.
5. Junior Division will be limited to those who are 4-H age 13 and younger. Senior Division will be those who are 4-H age 14 and older.
6. 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.
7. Exhibitors may enter only one Baked Goods Auction class.
8. Exhibitor must make the food item exhibited. In all categories, all embellishments, toppings, sprinkles, and decorations must be edible but do not need to be homemade.
9. Entries will be cut, sliced and sampled for judging.
10. The exhibitor is responsible for removing their entry after the judging.
11. The 4 best exhibitors in each class, as determined by judges, will be interviewed. Interviews will begin about 3:30 pm to select Champions and Reserve Champions. Exhibitor must be present at the time the class is called to be interviewed.
12. Champion and Reserve Champion will be selected in each class.
13. To be selected as Champion or Reserve Champion, exhibitor must be present for interview and auction.
14. Grand Champion and Reserve Champion baked goods will sell in the auction.
15. Grand Champion winners from the previous year may compete for same champion award for two consecutive years, but must use a different recipe than the previous year.
16. A percentage of the auction price on each item will be retained for sale expenses, as determined by the Sale Committee.
17. Winners must transport winning entries to sale arena.
18. Champion and Reserve Champion exhibitors are part of the sale and must follow the Junior Fair Sale Rules, including completing a W-9, and sending thank you cards by the procedures and date in the Sale Rules. The Sale Committee reserves the right to handle any matters related to the auction.
19. All entries must be completely covered to prevent pest contamination.
20. 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.
- 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 confectioner's 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. 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, 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 the Home Ec. Advisory Board reserve 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.

#### BAKED GOODS AUCTION CLASSES

Class 11301 – Fruit Pie (8" or 9" pastry crust), Junior & Senior Division

Class 11302 – Mini Cookie Cake (4 mini cookie cakes), Junior & Senior Division

Class 11303 – Muffins (1 dozen of any variety), Junior & Senior Division

Class 11304 – Yeast Bread Loaf, Rolls or Yeast Bread Novelty, Junior & Senior Division – No breads made in a bread machine.

Class 11305 – Brownies/Blondies (one dozen, uniformly sized), Junior Division

Class 11306 – Dropped Cookies (one dozen, uniformly sized, any variety), Junior Division

## **SECTION 114: BEST DRESSED TABLE SETTING CONTEST**

Sunday - 4:15 p.m. Registration, contest begins at 4:30 p.m., Agricultural Center

### **Rules:**

1. Participation is open to any Junior Fair Exhibitor.
2. Exhibitors entering 2 classes will be given additional time to set up for their 2nd entry.
3. Participants must provide a place setting and menu for one meal to meet the theme selected. Menu total size may be no larger than 8 ½" x 11" (including frame, if used). 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. Professionally prepared centerpieces are not permitted.
4. Total exhibit must be set up in a space no larger than 30" and by the depth of the table (about 30"). Tablecloths may hang over the edges of the table, but cannot lie outside 30" width. Participants have 5 minutes per entry to set up.
5. All entries will be released at the conclusion of the contest and may be taken home or displayed in their club/youth organization's booth. 1st and 2nd place entries will be displayed in the Agricultural Center.
6. Judging of entries will be based on ability to follow theme, use of appropriate place-setting etiquette, attractiveness, creativity, centerpiece; and the menu meets appropriateness of chosen theme and utilizes healthy food choices following the Choose My Plate recommendations.
7. No electronic communication devices are allowed in the judging area.

## **SECTION 114: BEST DRESSED TABLE SETTING CONTEST**

Class 11401 - Celebrating 250 years of Freedom

Class 11402 - Fit for an Olympian

### **AWARDS**

Best of Show - Trophy

1st - 5th Place in each class - Rosettes