

# DEPARTMENT 25 – FOODS AND NUTRITION

*TBD, Superintendent*

## Rules and Regulations:

1. **Include recipes for all entries. (3x5 or 4x6 card created by exhibitor)**
2. **\*New as of 2024\*: All Items MUST COME READY TO DISPLAY – Meaning cut and plated on an appropriately sized disposable plate, inside of a clear quart or gallon size zip lock bag. NO SANDWICH BAGS AND NO PLASTIC WRAP! Although you only need a certain size/amount, please bring the rest of the item in case you need an additional piece.**
3. Package mixes MAY NOT be used, except in Class D.
4. **NO FROSTING, except Class D.**
5. Educational Posters must be 14"x22" or less.
6. Entries must NOT need refrigeration!

**Premiums: \$1.50 \$1.25 \$1.00 \$.75**

## **CLASS A - FOODS & NUTRITION (continued on next page)**

1. Chocolate Chip Cookies – plate of 3
2. Oatmeal Cookies – plate of 3
3. Bar Cookies – plate of 3
4. Cut-Out/Rolled Sugar Cookies – plate of 3
5. Brownies, unfrosted – plate of 3
6. Seasoned snack mix (flavored popcorn, cereal mix, trail mix) – 1 cup in Ziplock bag
7. Granola – 1 cup in Ziplock bag
8. Muffins, any type – plate of 3 (no liners)
9. Cornmeal muffins – plate of 3 (no liners)
10. Coffee cake (no yeast) – 4" square, including a corner
11. Yellow cake (not from a mix) – 4" square, including a corner
12. Chocolate cake (not from a mix) – 4" square, including a corner
13. Cupcakes, any flavor, unfrosted – plate of 3 (no liners)
14. Baking Powder Biscuits (rolled or dropped) – plate of 3
15. Angel Food Cake – ¼ of cake
16. Quick Bread, any flavor – 1/3 of loaf
17. White Yeast Bread – 1/3 of loaf
18. Wheat Yeast Bread – 1/3 of loaf
19. Yeast Dinner Rolls – plate of 3
20. Cinnamon rolls – plate of 3
21. Donuts, raised – plate of 3
22. Pie crust
23. Fruit pie, double crust – ¼ of pie
24. Fruit pie, Dutch or crumble crust – ¼ of pie
25. Fudge – plate of 3
26. Nut Brittle – plate of 3
27. Caramels – plate of 3
28. International Cookie or Bar – plate of 3
29. Microwave snack
30. Microwave dessert/candy
31. Any other Microwave Item
32. Gluten-Free Cookies – plate of 3
33. Gluten-Free Cake – 4" square, including a corner
34. Any other food item for a special diet (gluten-free, diabetic, allergy, etc)

## **CLASS B - FOOD PRESERVATION**

### Rules and Regulations:

1. All exhibits must be in a standard canning jar, clear glass (not tinted blue), with a standard lid and screw band. Remove screw bands before coming to the fair.
2. For jellies and jams - No paraffin. Must use self-sealing lids. Hot pack alone is not acceptable. Even jams and jellies now require a short processing time in a hot water bath. NO FREEZER JAMS!
3. Entry tags on jars must be labeled with the name of product, date preserved, method of preparation (hot or cold pack), method of processing (boiling water bath or pressure cooking), and processing time.
4. Non-acid vegetables must be pressure cooked. Entries not correctly labeled will be disqualified. Entries must have been processed within the last year. USDA recommendations prevail for processing methods and times. If in doubt, contact the UW-Extension office for proper methods of processing.
5. You may enter as many of the below as you wish, but bring one jar only for each item number.

**Premiums: \$1.25 \$1.00 \$.75 \$.50**

### **Open to anyone enrolled in the first year of Food Preservation**

- |                      |                                |                              |
|----------------------|--------------------------------|------------------------------|
| 1. Applesauce        | 7. Any other fruit, not listed | 13. Raspberry Jam            |
| 2. Cherries (pitted) | 8. Apple Jelly                 | 14. Strawberry Jam           |
| 3. Cherries (whole)  | 9. Cherry Jelly                | 15. Any other jam not listed |
| 4. Pears             | 10. Grape Jelly                |                              |
| 5. Peaches           | 11. Any other jelly not listed |                              |
| 6. Raspberries       | 12. Cherry Jam                 |                              |

### **Open to 2nd or more year of Food Preservation**

- |                       |                                |                                |
|-----------------------|--------------------------------|--------------------------------|
| 16. Applesauce        | 21. Raspberries                | 26. Any other jelly not listed |
| 17. Cherries (pitted) | 22. Any other fruit not listed | 27. Cherry jam                 |
| 18. Cherries (whole)  | 23. Apple jelly                | 28. Raspberry jam              |
| 19. Pears             | 24. Cherry jelly               | 29. Strawberry jam             |
| 20. Peaches           | 25. Grape jelly                |                                |

### **DRIED FOODS**

- |                             |                             |
|-----------------------------|-----------------------------|
| 43. Dried Fruit, 1 cup      | 46. Fruit Leather, 3 pieces |
| 44. Dried Herbs, ½ cup      |                             |
| 45. Dried Vegetables, 1 cup |                             |

### **CLASS C - CAKE DECORATING**

**Cake mixes are allowed -- Cakes judged on appearance**

**Styrofoam forms allowed only in certain lot numbers (where noted)**

**Premiums: \$1.50 \$1.25 \$1.00 \$.75**

#### **First & Second Year Members**

- |   |   |
|---|---|
| 1. Decorated cake (single layer, 8 or 9 inches), Styrofoam allowed            | 5. Frosted cake pops (3)                                      |
| 2. Decorated cake (cut-up – Styrofoam allowed, molded – no Styrofoam allowed) | 6. Gingerbread or graham cracker house (no more than 6" tall) |
| 3. Decorated cookies (3)  | 7. Any Other Cake – Do your own thing, Styrofoam allowed      |
| 4. Decorated cupcakes (3)   |   |

#### **Cake Decorating, Third or More Years**

8. Decorated cake (single layer, 8 or 9 inches), Styrofoam allowed
9. Decorated cake (cut-up – Styrofoam allowed, molded – no Styrofoam allowed, or 9x13 – Styrofoam allowed)
10. Decorated cookies (3)
11. Decorated cupcakes (3)
12. Decorated cake pops (3)
13. Gingerbread or graham cracker house (no more than 6" tall)
14. Any Other Cake – Do your own thing, Styrofoam allowed

