



DIVISION 6035 - 4-H FOOD EXHIBITS

Isaac Hilpp – Senior Extension Specialist for 4-H Youth Development

1.Classes in Division: Classes 841—858.

2.Number of Entries Permitted:

- a.A county may submit ONE entry per class.
- b.Member may enter up to 3 classes in the Food Division. (This means: a member's name could appear up to 3 times on the county's Food Division invoice.)

3.General Rules:

- a.See "General Rules Applying to All 4-H Exhibitors in the Kentucky State Fair" at www.kystatefair.org. Click on "Competition," then "Premium Book", then 4-H Exhibits.
- b.**Item must meet all requirements for the class**; otherwise, the entry will be disqualified.
- c.Items entered must have been completed by the exhibitor within the current program year.
- d.The decision of the judges is final.

4.Unique Rules or Instructions:

- a.Recipes: Entries are to be made using recipes specified in the class description. All recipes can be found in the **4-H Fair Recipe Book--Food 4-H Cooking 101-401 Series** contact your county Extension agent for 4-H YD.
- b.Place the baked product on a disposable plate. Place the plate inside a re-closable zip-type bag to maintain freshness and prevent damage. (Exhibit will not be disqualified if the plate is not inside the bag.
- c.Use of plastic film or aluminum foil to wrap product is discouraged but will not cause the product to be disqualified.
- d.To prevent damage, wrapped cakes should be transported in a sturdy container such as a cardboard box. *Containers, pie pans, etc. will NOT be returned to the exhibitor.*

5.Additional Documentation Required: none

6.Labeling:

- a.Identification Card (4LO-11SO): The State Fair Entry system will generate this label. Attach the label securely to the outside wrapper of each food entry.

7.Entry Instructions: All exhibits are entered through the State Fair's electronic submission system by the county Extension staff.

8.Awards:

- a.Each entry that meets class requirements will receive a ribbon.
- b.A class champion will be named in each class.

9.Class Descriptions: 4-H food entries will be divided into the following levels and classes:

All recipes are located in the **4-H Fair Recipe Book--Food** and also in the publication identified in the class description.

Muffins

841 Three **Oatmeal Muffins**: Use recipe in *4-H Cooking 101*, p. 54.

842 Three **Cheese Muffins**: Use recipe in *4-H Cooking 201*, p. 49.

Biscuits

843 Three **Rolled Biscuits**: Use recipe in *4-H Cooking 201*, p. 50.

844 Three **Scones**: raisins may be substituted for dried cranberries. Use the recipe in the *4-H Fair Recipe Book--Food*

Quick Breads

845 Three **Cornmeal Muffins**: Use the recipe in the *4-H Fair Recipe Book--Food*

846 Three pieces of **Coffecake with Topping**: Use recipe in *4-H Cooking 101*, p. 59. Nuts are optional.

Cookies

847 Three **Chewy Granola Bars** (gluten-free): Use recipe in *4-H Cooking 101*, p. 35.

848 Three **Brownies**: Use recipe in *4-H Cooking 101*, p. 67. Nuts are optional.

849 Three **Snickerdoodle Cookies**: Use the recipe in *4-H Cooking 201*, p. 88.

Cakes

850 Half of one 8" or 9" layer **Rich Chocolate Cake** (no icing): Use recipe in *4-H Cooking 301*, p. 116.

851 Half of one 8" or 9" layer **Carrot or Zucchini Cake** (no icing): Use recipe in *4-H Cooking 301*, p. 119.
May use carrots or zucchini.

852 One-fourth of a **Basic Chiffon Cake**: Use recipe in *4-H Cooking 401*, p. 118. Do not use variations.

Pies

853 One whole **Double Crust Apple Pie**: Use recipes in *4-H Cooking 401*, p. 105 and 97 or in the *4-H Fair Recipe Book--Food*. Leave pie in the disposable pie pan and place all in a zip-type plastic bag.
May use spice variation if desired.

Yeast Breads

854 Three **Cinnamon Twists** (no icing): Use recipe in *4-H Cooking 301*, p. 42 & 44.

855 Three **Soft Pretzels**: Use recipe in *4-H Cooking 301*, p. 48. Use any one topping listed.

856 One loaf **Oatmeal Bread**: Use recipe in *4-H Cooking 401*, p. 25.

Bread Made in a Bread Machine

857 One loaf **Honey Whole Wheat Bread** made in a bread machine: Use the recipe in the *4-H Fair Recipe Book--Food*. May be a 1-pound, 1½-pound, or 2-pound loaf.

Candy

858 Three pieces **Classic Chocolate Fudge** (size: about one inch square): Use recipe in *4-H Cooking 401*, p. 89. Nuts are optional.

Adapted Food

859 Adapted Recipe and supporting documents: Using a recipe from another 4-H Food Exhibits Class youth adapt the recipe to meet a dietary restriction. Entry will consist of: the food item, the original recipe, and an explanation of the adaptation that includes 1) what the adaptation is, 2) How this meets a dietary need, 3) the new recipe.