

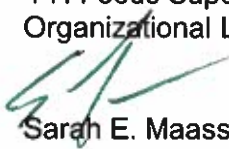
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July, 2021

TO: 4-H Foods Superintendents and Assistants
Organizational Leaders and Project Leaders

FROM:  Sarah E. Maass, Ph.D.
District Extension Agent
4-H Youth Development

RE: 4-H 2021 FOODS JUDGING SCHEDULE INFORMATION

THANK YOU for agreeing to help out as a food superintendent or assistant on Tuesday, August 3, for the fair.

Educational exhibits will be judged at the same time as food products.

Food items, educational displays will be released on Saturday at 8:00 p.m.

Members will sign up individually for a judging time on Sunday, August 1. A schedule will be available in the superintendent packet.

Foods leaders or other designated adult/teen leader volunteers should help arrange the display area when judging is completed, and should also help check out exhibits at 8:00 p.m. on Saturday (or designate someone else to pick up any leftover exhibits). If a 4-H member is not there to conference with the judge, their exhibits will be judged at the end of the judging day.

REMINDER: Clubs are responsible for providing a table cloth or covering and table tents with club and individual member names for the display cases.

The superintendents job is to help the 4-H members and will be in the area to answer questions. If you have any questions before the fair, please give us a call at the Extension Office.

**Kansas State University
Agricultural Experiment
Station and Cooperative
Extension Service**

Kansas State University, County Extension
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TUESDAY, AUGUST 3

2021 FOODS/FOODS PRESERVATION

Special Note: Perishable exhibits **ARE NOT ELIGIBLE** for State Fair, even if they get a Purple ribbon.

FOODS/FOODS PRESERVATION Superintendents: Anna Anderson, Gayle Pfannenstiel, Adelaide Easter

Asst. Superintendents: 9:00 a.m.-end of judging

Please plan to help the entire time with the foods judging, except when you need to go and have your 4-H exhibits judged, Thanks!

Emma Littich, Brynna/Marik Anderson, Brysie Cox, Odessa Miller, Bradley/Briley Pfannenstiel, Shelby Stolzenburg, Andrew/Katherine/Nathan Weiss

All food preservation will be judged at the same time as the 4-H Food Division, **Tuesday, August 3**, with the foods judges (1 or 2 judges will be designated for Food Preservation exhibits).

DIVISION 24 - 4-H FOODS & NUTRITION

Superintendent(s) – Anna Anderson, Adelaide Easter, Gayle Pfannenstiel

Assistant Superintendent(s) – Brynna/Marik Anderson, Brysie Cox, Emma Littich, Odessa Miller, Bradley/Briley Pfannenstiel, Shelby Stolzenburg, Andrew/Katherine Weiss

- BAKE SALE -

There will be No Bake Sale in 2021.

- SPECIAL RULES -

1. Read GENERAL RULES.
2. **One entry per class.**
3. Each exhibit must be labeled with entry cards indicating the food product name, 4-H member's name and District, and class number. A label should also be placed on the bottom of the plate or cardboard. Label templates are available on the District website (<http://www.centrankansas.k-state.edu/4-h>) under County Fairs – Tri-Rivers Fair.
4. Entries will be judged by conference judging on **Tuesday** and will begin at 9 a.m. **Sign up for conference judging time on the Sunday before the fair (see fair schedule).**
5. **All items must be entered Monday prior to the fair during the designated times.**
6. **If items are not checked in during the designated times, 4-H members have not signed up for a judging time during the appropriate timeframe, will result in the loss of one ribbon placing for exhibits.**
7. Food item and educational exhibits will be released on Saturday, at 8:00 p.m.
8. Only one person can accompany the 4-H member during the conference judging time with the judge.
9. **Alcohol (ex. wine, beer, and hard liquor) is not allowed as an ingredient in food entries. Entries with alcohol will be disqualified and not be judged.**

10. All baked goods must be left whole and uncut. Small items, such as cookies and rolls, should be the same shape and from the same recipe. Exhibit 3 cookies, 3 muffins, 3 bread sticks, 1 loaf of bread, 3 brownies, 3 bar cookies, etc.
11. Any baked product that can be removed from the pan should be placed on a plate, covered cardboard, or disposable container of appropriate size for the exhibit. PLACE BAKED PRODUCTS IN FOOD GRADE PLASTIC BAG OR IN DISPOSABLE CONTAINER of appropriate size for the exhibit. Only the exhibit is judged. The container is not judged.
12. All un-frosted cakes should be exhibited in an upright position with crust showing. The exception is for those cakes made with special designs such as Bundt cakes. They should have top crust side down.
13. For State Fair, a member may exhibit only one non-perishable food product and one educational display. Members exhibit under the age category they fall under. Recipes are required for all food product exhibits. A gift package counts as a non-perishable exhibit.
14. An Educational Exhibit can be a poster (not larger than 22" x 28"), notebook or other display (not bigger than a standard 3' x 4' tri-fold display) showing and describing something learned, a project activity done, a food-nutrition community service program, etc. Should relate to things done in the project in which the member is enrolled. Please describe your exhibit including dimensions (i.e. tri-fold display, notebook, poster, etc.) in the online pre-entry form.
15. Each club is responsible for their own covering and decorations for club's display area.
16. Any exhibit that is perishable must be kept in an ice chest or kept hot until it is judged. It must be entered in a "perishable" class and will only be tasted at the judge's discretion. It is not eligible for State Fair.
17. For food safety purposes, any food with custard and dairy based fillings and frostings (ex. cream cheese), raw eggs, flavored oils, "canned" bread or cakes-in-a-jar, cut fresh fruit, or any food requiring refrigeration (ex. bacon) or unbaked exhibit with raw flour (ex. No bake cookies) will not be accepted at the County Fair in the nonperishable classes or at the State Fair. Refer to K-State Research and Extension publication 4-H488, Judge's Guide for Food and Nutrition Exhibits <https://bookstore.ksre.ksu.edu/pubs/4h488.pdf>, and MF3544, Food Safety for Frostings and Fillings, <https://bookstore.ksre.ksu.edu/pubs/MF3544.pdf> for information to help you make informed, safe food exhibit decisions.
18. Any non-perishable food on display can be picked up at the released time on Saturday at 8 p.m.
19. Under-baked entries will be lowered one or more ribbon placings.
20. **Must be enrolled in foods project to exhibit.**
21. A different recipe must be used for each class. Recipes are REQUIRED to be attached to each entry. Exhibits will be reduced one ribbon color without recipe. Only ONE copy of a recipe is needed.

One Entry per Class

STATE FAIR ELIGIBLE CLASSES:

Class

- 1 For age 9-11, **non-perishable** food product.
- 2 For age 9-11, **non-perishable** food product.
- 3 Educational exhibit prepared by 9, 10 or 11 year old.
- 4 For age 12-14, **non-perishable** food product.
- 5 For age 12-14, **non-perishable** food product.
- 6 Educational exhibit prepared by 12, 13 or 14 year old.
- 7 For age 15 and older, **non-perishable** food product.
- 8 For age 15 and older, **non-perishable** food product.

9 Educational exhibit prepared by 15 and older. (See # 10 above)

10 For age 9 and older, **Food Gift Package**. **No alcoholic beverages will be accepted**. A food gift package must contain at least 3 different food items (prepared for **human consumption**), made by the 4-H Member, in a suitable container no larger than 18"x18"x18". Prepared food items must have recipes attached with the entry. Additional homemade food items beyond the 3 minimum, or purchased items may also be included in the gift basket. On the back of the entry card, answer these questions: a) what is the intended use; b) what food safety precautions were taken during the after the preparation. **This entry will count as a non-perishable food product, not as an educational exhibit**. Home canned foods must follow Food Preservation rules. Canning jars should not be used for baking per manufacturer's instructions. They could break during baking. **Food gift packages will be opened for visual inspection, but will not be tasted by the judge at the county or state fairs. Food gift packages will be judged by the judge as if they are the recipient of the food gift package.**

COUNTY-ONLY CLASSES-NOT ELIGIBLE FOR STATE FAIR

12 For age 7-8, **perishable** food product.

13 For age 7-8, **non-perishable** food product.

14 For age 7-8, **non-perishable** food product.

15 For age 7-8, **Food Gift Package**. (See description above)

16 Educational exhibit prepared by 7 or 8 year old. (See # 8 above)

17 For age 9-11, **perishable** food product.

18 For age 12-14, **perishable** food product.

19 For age 15 and older, **perishable** food product.

20 Favorite food prepared during project. If it's perishable, keep it food-safe (hot or cold) before judging.

21 Decorated food item (i.e., decorated cake, food art, decorated cupcakes, etc.).

DIVISION 25 - 4-H FOOD PRESERVATION

Superintendent(s) – Anna Anderson, Adelaide Easter, Gayle Pfannenstiel

Assistant Superintendent(s) – Brynna/Marik Anderson, Brysie Cox, Emma Littich, Odessa Miller, Bradley/Briley Pfannenstiel, Shelby Stolzenburg, Andrew/Katherine Weiss

- SPECIAL RULES -

Food Preservation will be judged at the same time as the 4-H Food Division with the Foods Judges (one or two judges will be designated for Food Preservation). Entries will be judged by conference judging on **Tuesday** and will begin at 9 a.m. **Sign up for conference judging time on the Sunday before the fair (see fair schedule). All items must be entered Monday prior to the fair during the designated times. If items are not checked in during the designated times, 4-H members have not signed up for a judging time during the appropriate timeframe, will result in the loss of one ribbon placing for exhibits.** Food Preservation items will be released on Saturday, at 9:00 p.m.

1. Read GENERAL RULES.

2. **Members must be enrolled in the Food Preservation Project.**

3. Exhibits must have been preserved since the member's previous year's county fair, and not been exhibited at the previous State Fair.

4. Recipes and processing methods from the sources below are recommended. Recipes must be from 1995-Present **AND MUST BE ADJUSTED FOR ALTITUDE based on your processing location, or it will be disqualified.** Processing methods that will be disqualified include: open kettle- canning, oven canning, sun canning and using electric multi-

cookers. For more information on electric multi-cookers, see http://nchfp.uga.edu/publications/nchfp/factsheets/electric_cookers.html. Untested recipes will be disqualified for food safety reasons. Tested resources include:

- K-State Research and Extension Food Preservation publications
- Other University Extension Food Preservation publications
- USDA Complete Guide to Home Canning
- So Easy to Preserve, 6th edition, The University of Georgia Cooperative Extension Service
- Ball Blue Book Guide to Preserving
- Ball Complete Book of Home Preserving
- Canning mixes (i.e. Mrs. Wage's, Ball)
- Pectin manufacturers (i.e. SureJell, Ball)
- <http://www.rrc.k-state.edu/preservation/recipes.html>

Refer to the following K-State Research and Extension publications for more information:

- 4H712 "Food Safety Recommendations for Food Preservation Exhibits"
(<http://www.ksre.ksu.edu/bookstore/pubs/4H712.pdf>)
- MF3170 "10 Tips for Safe Home-Canned Food"
(<http://www.ksre.ksu.edu/bookstore/pubs/MF3170.pdf>)
- MF3171 "Sassy Safe Salsa at Home"
(<http://www.ksre.ksu.edu/bookstore/pubs/MF3171.pdf>)
- MF3172 "What's Your Elevation?"
(<http://www.ksre.ksu.edu/bookstore/pubs/MF3172.pdf>)
- MF3241 "How to Guide to Water Bath Canning and Steam Canning"
(<http://www.bookstore.ksre.ksu.edu/pubs/MF3241.pdf>)
- MF3242 "How to Guide to Pressure Canning"
(<http://www.bookstore.ksre.ksu.edu/pubs/MF3242.pdf>)

5. Members may enter up to seven entries in this division, with one entry per class. However, if a 4-H member has two different recipes of an item that qualifies for the same class, that class may have up to two entries. For example, if one entry is spaghetti sauce and one entry is tomato salsa, both could be entered in class 3.
6. Alcohol is not allowed as an ingredient in food entries. Entries with alcohol will be disqualified and not be judged.
7. Each exhibit must have the complete recipe and instructions attached with the entry card, or it will be disqualified. Recipe must include exhibitor name, recipe source, date of publication, and altitude where food was processed. If accessing a tested recipe from approved sources online, also list the website you found the recipe and the date you accessed it. If using Mrs. Wage's or Ball mixes, indicate the date the mix was purchased.
8. Exhibits must be processed in clean, clear standard **canning** jars *with matching brand* (ex. use Ball lids on Ball jars, or Kerr lids on Kerr jars, etc.) two-piece lids. Do not use colored jars, fancy padded lids, fabric over wraps, or cozies, as they interfere with the judging process. **4-H members are to use only CLEAR jars for their 4-H food preservation exhibits. The 4-H member will be docked one ribbon placing if colored jars are used.** No fancy packs unless recipe states to do so (ex: Pickled asparagus). Jars must be sealed when entered. Jelly must be in half pint or pint jar. All other products must be in pint or quart jars. For food safety reasons, the size of jars used must not be larger than the jar size stated in the recipe (ex: Salsa is canned in pint jars only, no quarts). **Note:** There are 12-ounce, 24-ounce, and 28-ounce canning jars available which may be used. Use with pint jar process recommendations for 12-ounce jars. Use quart jar process recommendations for 24 ounce and 28 ounce jars.
9. Each jar exhibited must be labeled. The label must not cover the brand name of the jar. This label must give:

Name _____
Class No. _____
Product _____
Altitude Where Processed _____
Canning Method _____ (water bath, weighted gauge or dial gauge pressure method)
Processing Time _____
Pressure (psi) _____
Date processed including month and year _____
County/District _____

Label templates may be found at: <http://www.centrankansas.k-state.edu/4-h>

You may need to make a label using an adhesive mailing label. Templates to make adhesive labels can be found at: https://www.kansas4-h.org/events-activities/fairs/kansas-state-fair/docs/foods-and-nutrition/Foods_Label.pdf

10. Rings should be placed on jars, but they should be easy to remove.
11. Classes 1-7 will require one jar for each class.
12. Attach the entry card around the top of the jar by using a rubber band through the punched hole.
13. For State Fair, a member may enter up to 2 exhibits in this division, but only one entry per class. See State Fair Rules.
14. Dried foods must be exhibited in a clear canning jar. If exhibited in a different type of container (plastic bag, Tupperware, etc.) it will be lowered one ribbon placing. Suggested amount: 1/3 – 1/2 cup, or three or four pieces per exhibit. All meat jerky must be heated to an internal temperature of 160 degrees F before or after drying. This is not the drying temperature! Dried products must include the recipe preparation steps, and heating instructions. Jerky not heated to an internal temperature of 160 degrees F will be disqualified and not be judged. Heating information can be found in “Dry meat Safely at Home” www.ksre.ksu.edu/bookstore/pubs/MF3173.pdf

CLASSES

- 1 Sweet Spreads (Fruit and/or Vegetables), Syrups; 1 jar.
- 2 Fruits, Juices, Fruit mixtures (Salsa, Pie Filling, etc.); 1 jar.
- 3 Tomatoes/Tomato Products, Tomato Juice and Tomato Salsas (salsa in pints only, no quarts); 1 jar.
- 4 Low Acid Vegetables (green beans, corn, etc. or vegetable mixtures); 1 jar.
- 5 Pickles (Fruit or Vegetable), Fermented Foods and Relishes and Chutney; 1 jar.
- 6 Canned Meats; 1 jar.
- 7 Dried Foods - 1 small jar.