



DIVISION 6035 - 4-H FOOD EXHIBITS

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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** at <http://4-h.ca.uky.edu/content/food-and-nutrition>, in the **4-H Cooking 101-401 Series** or 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.
 - c. An overall grand champion and a reserve champion will be selected.
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** at <http://4-h.ca.uky.edu/content/food-and-nutrition> 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** at <http://4-h.ca.uky.edu/content/food-and-nutrition>.

Quick Breads

- 845 Three **Cornmeal Muffins**: Use the recipe in the **4-H Fair Recipe Book--Food** at <http://4-h.ca.uky.edu/content/food-and-nutrition>.
- 846 Three pieces of **Coffeecake 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** at <http://4-h.ca.uky.edu/content/food-and-nutrition>. 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** at <http://4-h.ca.uky.edu/content/food-and-nutrition>. 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 adaption that includes 1) what the adaption is, 2) How this meets a dietary need, 3) the new recipe.

Revised 9/24/19