

## 4-H FOOD CONTESTS

Superintendent: Becky McClellan, 360-293-9667

### GENERAL GUIDELINES FOR FOOD ACTIVITY CONTESTS

1. Contests are open to members enrolled in a food project.
2. All contests will take place at Fair in the 4-H Building kitchens.
3. Pre-registration is required. Exhibitors showing animals or those having limited time available will be accommodated as much as possible.
4. Activity chosen should reflect the skill level and ability of the exhibitor.
5. Exhibitors should be familiar with the specific rules for their chosen activity, found in the current project materials. WSU Publication EM4733, "4-H Food Activity Guidelines" can be found online at [www.4h.wsu.edu](http://www.4h.wsu.edu) or obtained at the Extension Office.
6. Worksheets for the respective contests must be completed in advance and given to the judge before beginning, along with recipe(s) and menu. Teams should prepare one worksheet. Worksheet C1099, 4-H Food Activity Worksheet, can be found online at the above website.
7. Exhibitors will be penalized for using more than the allotted time. Allotted time includes: set up, meal preparation, judge's interview, and clean up.
8. Bread making machines may not be used in any food activity.
9. All food items used in all foods activities must be purchased at a grocery store or other approved food source. No home-grown or home preserved foods may be used in any kitchen activity.
10. The kitchen will be supplied with most equipment needed. Exhibitors may bring any other equipment to complete their food preparation activity. Any equipment brought from home must be re-sanitized before use. Plan to accomplish this within the activity time limit.
11. Exhibitors may use dishes, flatware, and glassware provided in the kitchen, or may bring their own (must re-sanitize it at Fair). Linens and centerpieces for table setting are not provided and should be brought from home. Exhibitors should bring their own aprons, dish cloths and dish towels.
12. Exhibitors will be helped with operating equipment (range, microwave oven).
13. Proper sanitization requires that counter and work areas be pre-sanitized by wiping with a bleach solution. Ask the superintendent or judge for assistance if needed.
14. Participants will do necessary cleanup in the kitchen before leaving, including emptying garbage and sweeping floor. Bring clean hot pads, dish clothes, and dish towels.
15. Dishes will be washed by hand. Refer to WSU Publication EM4808, Sanitizing Dishes.
16. Alcoholic beverages are not to be used.
17. Exhibitors should have knowledge of the food groups used and nutritional value of the food being served.
18. Participants should demonstrate food and kitchen safety, appropriate preparation skills and knowledge. Refer to WSU Publication EM4733 for specific knowledge requirements for each activity.

## DIVISION A: BREAD BAKING ACTIVITY

1. Read the General Guidelines for Foods Activities. Teams not allowed.
2. Exhibitor will prepare a yeast or quick bread. Yeast bread activity can be scheduled for up to 3 hours, quick bread activity up to 2 hours. Junior members going on to State Fair will only be allowed to make a quick bread product with a maximum of 2 hours allowed.
3. The judge and contestant will taste the finished product.
4. A portion of finished product will be put on display; remaining product may be taken home.

Class Number	Class Description	Blue Premium	Red Premium	White Premium
001	Senior	50	40	30
002	Intermediate	50	40	30
003	Junior	50	40	30
004	Cloverbud	Ribbons Only		

## DIVISION B: FOOD FOR ALL OCCASIONS ACTIVITY

1. This division is considered to be the “Showmanship” division for food project members.
2. Read the General Guidelines for Foods Activities.
3. Up to 3 hours will be allowed to complete this activity.
4. Teams are allowed. Team members must be in the same age category.
5. The maximum cost of food per person is \$10.00. That amount is not mandatory; economy is encouraged. Spices and seasoning don’t need to be considered in the cost limit. The contestant will take the remaining food product home. Bring appropriate containers.
6. A complete meal for four people (six people if a team is cooking) must be prepared. The superintendent will select guests.
7. Junior and Cloverbud members may not compete at the state level in this contest.

Class Number	Class Description	Blue Premium	Red Premium	White Premium
001	Senior	200	150	100
002	Intermediate	200	150	100
003	Junior	200	150	100
004	Cloverbud	Ribbons Only		

## DIVISION C: FOODS OF THE PACIFIC NORTHWEST

1. Read the General Guidelines for Foods Activities. This contest does not allow team competition.
2. Exhibitor will prepare a dish which features an agricultural product produced in the Pacific Northwest. The judge and exhibitor will taste the dish. The exhibitor will take any remaining cooked product home. Bring appropriate containers.
3. Exhibitor must be prepared to discuss the preparation and quality of the food product and the nutritional, historical, and cultural aspects of the agricultural product used in the activity.
4. Up to 3 hours will be allowed for completion of entire activity.
5. Junior members competing at State Fair are limited to 90 minutes for this activity

Class Number	Class Description	Blue Premium	Red Premium	White Premium
001	Senior	40	30	20
002	Intermediate	40	30	20
003	Junior	40	30	20
004	Cloverbud	Ribbons Only		

## DIVISION D: MY FAVORITE FOODS

1. Read the General Guidelines for Food Activities.
2. Up to 3 hours allowed for intermediate and seniors to complete this activity, whether it is an individual or team.
3. Juniors (individuals only) will be allowed up to 90 minutes. They may compete at State Fair.

Class Number	Class Description	Blue Premium	Red Premium	White Premium
001	Senior	40	30	20
002	Intermediate	40	30	20
003	Junior	40	30	20
004	Cloverbud	Ribbons Only		

## DIVISION E: EXPLORING FOOD AROUND THE WORLD

1. Read General Guidelines for Foods Activities.
2. Up to 3 hours allowed for intermediate and seniors to complete this activity. Juniors will be allowed up to 90 minutes and may compete at State Fair. No teams are allowed in this activity.
3. Exhibitor will prepare a dish, which features a product that is characteristic of the country chosen. The judge and exhibitor will taste the dish. Contestant will take any remaining cooked product home. Bring appropriate containers.
4. Exhibitor must be prepared to discuss the preparation, quality and nutritional contribution of the food product. They must also be able to discuss the origin of the food product, including its cultural, geographical, political, historical, agricultural, or industrial features.

Class Number	Class Description	Blue Premium	Red Premium	White Premium
001	Senior	40	30	20
002	Intermediate	40	30	20
003	Junior	40	30	20
004	Cloverbud	Ribbons Only		

## DIVISION F: LUNCH ON-THE-GO ACTIVITY

1. Read General Guidelines for Foods Activities. This contest does not permit team competition.
2. Exhibitors will prepare a lunch from beginning to end during the activity.
3. Up to 90 minutes will be allowed for completion of this activity.
4. Exhibitors may refer to WSU Publication EB1490, "Pack a Safe Lunch", available on-line, for additional information.

Class Number	Class Description	Blue Premium	Red Premium	White Premium
001	Senior	40	30	20
002	Intermediate	40	30	20
003	Junior	40	30	20
004	Cloverbud	Ribbons Only		

## DIVISION G: QUICK TO FIX MEALS ACTIVITY

1. Read General Requirements for Foods Activities. This contest does not permit team competition.
2. Exhibitors may not enter both this division and Food for All Occasions (Division B).
3. Exhibitors will make a simple meal. Up to 2 hours will be allowed.

Class Number	Class Description	Blue Premium	Red Premium	White Premium
001	Senior	40	30	20
002	Intermediate	40	30	20
003	Junior	40	30	20
004	Cloverbud	Ribbons Only		

## DIVISION H: FOOD PRESERVATION ACTIVITY

1. Read the General Requirements for Food Activities.
2. Primaries may not participate in this activity. Juniors may do drying and freezing only.
3. All canning/preserving equipment will need to be provided by the exhibitor.
4. Times allowed: 1 hour for food drying; 1 ½ hours for food freezing; 1 ½ hours for jam/jelly making; 2 hours for water bath canning; 3 hours for pressure canning.
5. All processing methods and times must follow either USDA or Ball Blue Book processing recommendations. Jams and jellies need not be USDA recipes. The USDA approves recipes and processing times listed by the National Center for Home Food Preservation.
6. Exhibitors using drying methods should prepare a food for drying during the allotted time for the activity. Since there will not be time for drying to be completed, a sample of the same food should be dried at home, packaged, and brought in for discussion with the judge.
7. Drying of raw meats will not be permitted. Use approved recipes for pre-cooking meats.
8. Exhibitors will freeze, dry or can food (maximum of two containers each, except for jam or jelly where one recipe may be made).

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001	Senior	40	30	20
002	Intermediate	40	30	20
003	Junior	40	30	20
004	Cloverbud	Ribbons Only		

## DIVISION I: FOOD JUDGING CONTEST

1. Contest open to members enrolled in a food project.
2. The contest will include ranking sets of four items, judging against a standard in 5 major areas: nutrition, cost comparisons, labeling, storage, and safety.
3. High scoring Intermediate and Senior members may participate in this contest at State Fair.

Class Number	Class Description	
001	Senior	RIBBONS ONLY
002	Intermediate	
003	Junior	

## 4-H FOODS EXHIBITS

Superintendent: Jean Swift, 360-540-4491

1. Open to members enrolled in a Foods and Nutrition project.
2. Exhibits for this department will be received on Tuesday, August 9<sup>th</sup>, from 9:00 am to 1:00 pm only.
3. Exhibits must include the recipe. Recipes may be typed or copied, and do not need to be on 3 x 5 cards. Put your name and club on the back of the recipe.
4. No two entries from the same recipe. (May enter several different kinds of cookies, but no two alike)
5. Members of the same family must exhibit foods from different recipes.
6. No cream filled or chiffon pies, cream based or uncooked products.
7. No miniature sizes allowed.
8. Entries should be brought in on a sturdy paper plate and COVERED. Non-covered entries will be refused.
9. Due to food safety issues, no exhibits will be given back to the exhibitor except for Division J if a cake form (non-edible) is used.

Division	Division Description	Amount to Enter
A	Quick Breads/Coffee Cakes	¼ loaf
B	Yeast Breads	¼ loaf, 4 rolls, biscuits, etc.
C	Muffins	4 muffins
D	Cookies	4 cookies
E	Candy	6 pieces
F	Pies, Pastries	¼ pie or 4 items
G	Desserts	¼ dessert or 4 items
H	Nutritious Snacks	Popcorn balls, granola, etc. Enter 4 items or 1 cup granola
I	Cakes, Cupcakes	¼ cake or 4 cupcakes
J	Decorated Cakes	Actual cake is not necessary. Cake forms may be used.
K	Baked Item, Special Diet	Enter appropriate number/amount. (May be diabetic, gluten-free, vegan, etc.) Include nutritional information on 3X5 card.
L	Modified Recipe	Start with an existing recipe and modify it for a special diet or make it healthier. Submit a copy of the original recipe and the modified recipe. List the changes to make it healthier (lower calories, fat content, etc.).
M	Menu Plan	List a menu for three days on an 8 ½ X 11 paper. Include a personal recipe book with at least 10 recipes that you will use during those three days. Recipes to include ingredient list and preparation instructions.
N	Food Gift Basket	A basket containing at least three different home-prepared items. May be baked, dried, canned, food mixes, etc. Include a 3 X 5 card describing the occasion and/or purpose of the basket.
O	Novelty Items	Graham cracker houses, gingerbread houses, etc. Can use purchased materials for construction. Large items: Enter 1 Small items: Enter 4
P	Fair Themed Exhibit	Any baked item or exhibit showing the fair theme.

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001	Senior	30	20	10
002	Intermediate	30	20	10
003	Junior	30	20	10
004	Cloverbud	Ribbons Only		

**4-H FOOD PRESERVATION EXHIBITS**  
 Superintendent: Jean Swift, 360-540-4491

1. Open to members enrolled in a food preservation project.
2. Not all recipes meet current WSU and USDA recommendations. Entries not meeting these standards will be disqualified. WSU and USDA recipe recommendations are available at the Extension Office.
3. All exhibits must include the recipe and complete canning instructions. Write your name & club on back of recipe.
4. Members from the same family may not exhibit like foods. Each exhibitor may enter an unlimited number of exhibits, but no two alike.
5. Frozen products will not be accepted.
6. Canned goods (including jelly) must be sealed in standard canning jars and sealed with ring lids. The ring must be removed. Canned or dried goods not in standard jars or in soiled containers will be disqualified.
7. All canned and dried exhibits must be labeled. Standard 4-H labels are available at the Extension office or on Fair Entry day. The label should be placed on the lid of the jar. Indicate on labels for canned tomatoes if citric acid or lemon juice has been added, e.g. "1/4 tsp. citric acid added".
8. For pressure canned foods, indicate on label whether dial or weight canner was used.

Division Number	Division Description
A	Canned Fruits
B	Jams, Jellies, Preserves, Conserves or Marmalades
C	Pickles or Relishes
D	Dried Foods
E	Canned Vegetables
F	Canned Meats, Fish, Poultry
G	Preserved Quick Meal – Include a menu for a meal, accompanied by 3-5 jars of home canned and/or home dried foods to be used in the meal. Include a 3 x 5 card with nutritional information and food preparation methods appropriate to the preserved items.

Class Number	Class Description	Blue Premium	Red Premium	White Premium
001	Senior	30	20	10
002	Intermediate	30	20	10
003	Junior	30	20	10

## 4-H TABLE DECORATING WITH A FLAIR

Superintendent: Jean Swift, 360-540-4491

1. Open to members enrolled in a food project.
2. Member will decorate a display on a card table (must provide your own) to include two place settings, a centerpiece and a menu of the food to be served.
3. Please read WSU publication C1075E for more details.
4. Members must provide own table linens, dishes, and silverware. Do not bring expensive or other items with sentimental value. NOT responsible for breakage or theft.
5. Exhibitor will set up the display and then present it to the judge.
6. Exhibitors will be judged on table setting criteria, neatness, sanitation, food selection and creativity. Exhibitor is encouraged to wear an outfit that compliments the exhibit (muumuu and lei for a Hawaiian theme, for example).
7. One entry per exhibitor in this department.

Division Number	Division Description
A	Seasonal
B	Holiday
C	Birthday
D	Ethnic (Mexican, Chinese, etc.)
E	Other Occasion
F	Fair Theme

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