

DEPARTMENT 25 – FOODS AND NUTRITION

Junior Class

SUPERINTENDENT

Virginia Peake

ASSISTANT SUPERINTENDENTS

Bryan Peake, Janet Graney

Barb Canon, Mike Canon

Judging - 9:00 a.m. Friday - Food Preservation & Non-Food

10:00 a.m. Friday - Prepared Food

No Exhibitor May Enter both Open and Junior Classes.

All exhibits must be pre-registered by the fair deadline to exhibit.

Limit of one entry per lot number.

Grade of Exhibitor is based as of January 1st of exhibit year

1. ALL FOOD EXHIBITS BECOME THE PROPERTY OF THE FAIR BOARD UPON EXHIBIT AT THE GRANT COUNTY FAIR. All food will be disposed of by the Superintendents.
2. **Entries of prepared food items must be in place by 9:15 a.m. Friday. Entries in Food Preservation and non-food entries must be in place by 6:00 p.m. Thursday.**
3. Food entries MUST be displayed on 6" PAPER PLATES except where noted.
4. Entry tags and recipes should be secured to PLATE together. Do not attach to covering.
5. **Recipe MUST accompany all entries unless otherwise noted. State complete recipe including procedure. All entries not accompanied by a recipe will receive a pink ribbon.**
6. **No mixes allowed, except where noted.**

PREMIUMS (Class 1)			
Blue	Red	White	Pink
\$2.00	\$1.75	\$1.50	\$1.25

CLASS 1 - OPEN TO MEMBERS GRADES 3-5

Lot No.

1. Muffins – 2 (no liners)
2. Baked drop cookies - 2 (i.e. chocolate chip, oatmeal, etc.)
3. Plain cake made from mix, 3" corner, unfrosted
4. Food prepared in an instant pot – recipe needed
5. Nutritional snack mix – ½ cup
6. No-bake bar - 3" corner square
7. Any other bar – 3" corner square, unfrosted
8. Recipe collection with at least 10 recipes
9. Educational poster (14" x 22")
10. Gluten free cookie - 2 (recipe needed)
11. Brownies - 3" corner square
12. No-bake cookies – 2
13. Alter recipe to make healthier – must include original recipe, altered recipe, and reason for changes

PREMIUMS (Class 2)			
Blue	Red	White	Pink
\$2.50	\$2.25	\$2.00	\$1.75

CLASS 2 - OPEN TO MEMBERS GRADE 6-8

Lot No.

14. Cake - 3" corner square, unfrosted
15. Quick bread - 1/3 (8" x 4" loaf showing end)
16. Sour dough bread – 3" slice including end of regular size loaf
17. Quick coffee cake – 3" corner square
18. Bar - 3" corner square, unfrosted
19. Brownie - 3" corner square
20. Baked drop cookies – 2 (i.e. chocolate chip, oatmeal, etc.)

21. Rolled cookies - 2 unfrosted
22. Angel food cake, - ¼ cake, unfrosted
23. Sponge cake - ¼ cake, unfrosted
24. Twisty pretzels – 2
25. Biscuits – 2
26. Bread sticks or dinner rolls - 2
27. Muffins – 2 (no liners)
28. Food prepared in an instant pot – recipe needed
29. Gluten free cookie – 2 (recipe needed)
30. Nationality cookies - 2 cookies of one variety; must include statement of recipe source and nationality of cookies
31. Recipe collection, box or book, two categories with at least 10 recipes in each
32. Educational poster (14" x 22")
33. Alter recipe to make healthier – must include original recipe, altered recipe, and reason for changes

PREMIUMS (Class 3)			
Blue	Red	White	Pink
\$3.00	\$2.75	\$2.50	\$2.25

CLASS 3 - OPEN TO MEMBERS GRADES 9 AND OVER

Lot No.

34. Nationality cookies - 2 cookies of one variety; must include statement of recipe source and nationality of cookies
35. Filled cookies - 2, unfrosted
36. Baked drop cookies – 2 (i.e. chocolate chip, oatmeal, etc.)
37. Angel food cake, - ¼ cake, unfrosted
38. Sponge cake - ¼ cake, unfrosted
39. Pie crust - unfilled - 6" to 9"
40. Pumpkin pie – 1/8 of the pie
41. Bread sticks or dinner rolls – 2
42. Muffins – 2 (no liners)
43. Yeast bread (white) - 3" slice including end of regular size loaf
44. Yeast bread (wheat) - 3" slice including end of regular size loaf
45. Yeast bread (rye) - 3" slice including end of regular size loaf
46. Sour dough bread – 3" slice including end of regular size loaf
47. Holiday cookies - 2
48. Low-calorie dessert - 1 serving; include basic nutrition information
49. Yeast cinnamon rolls - 2
50. Bar – 3" square corner
51. Brownie – 3" square corner
52. Jelly roll cake - 3" slice including end of regular loaf
53. Donuts – 2
54. Candies – peanut butter balls – 2
55. Candies – Fudge - 2
56. Candies – Any other - 2 pieces each of two varieties
57. Pasta, any shape, - 2 cups
58. Food prepared in an instant pot – recipe needed
59. Gluten free cookie – 2 (recipe needed)
60. Recipe collection, box or book, five categories with at least 10 recipes each
61. Educational poster on menu planning (14" x 22")
62. Poster on nutritional education or careers in food industry (14" x 22")
63. Alter recipe to make healthier – must include original recipe, altered recipe, and reason for changes

PREMIUMS			
Blue	Red	White	Pink
\$2.00	\$1.75	\$1.50	\$1.25

CLASS 4 - OPEN TO ANYONE (ALL GRADES) - IN A SPECIAL EDUCATION PROGRAM IN SCHOOL AND REQUIRING SPECIAL HELP IN DEVELOPING THEIR FOODS AND NUTRITION EXHIBIT

Lot No.

64. Cupcakes, unfrosted - 2
65. Cake from a mix - 3" corner

66. Healthy cookies - 2
67. Coffeecake or dinner rolls made from frozen bread dough - 2 rolls or 3" slice
68. Candies - 2 pieces each of two varieties
69. Gluten free cookie – 2 (recipe needed)
70. Recipe collection, box or book, with at least 10 different recipes
71. Educational poster (14" x 22")
72. Scrapbook displaying your project work, (8 1/2" x 11")
73. Alter recipe to make healthier – must include original recipe, altered recipe, and reason for changes.

CAROL EDGE ACHIEVEMENT AWARD

In honor of Carol Edge's volunteer service as a Grant County Fair junior foods superintendent for over 50 years, the family is awarding a special award in her name, to a 4-H member for overall best exhibit at the Grant County Fair in foods and/or food preservation.