

DEPARTMENT 25 – FOODS AND NUTRITION

Junior Class

SUPERINTENDENT

Virginia Peake

ASSISTANT SUPERINTENDENTS

Bryan Peake, Janet Graney

Barb Canon, Mike Canon, Amy Linneman

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 1-4)			
Blue	Red	White	Pink
\$3.00	\$2.75	\$2.50	\$2.25

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. Patriotic food item (2 cookies)
14. Patriotic food item (3" corner, unfrosted, with a picture of the entire item)
15. Alter recipe to make healthier – must include original recipe, altered recipe, and reason for changes

CLASS 2 - OPEN TO MEMBERS GRADE 6-8

Lot No.

16. Cake - 3" corner square, unfrosted
17. Quick bread - 1/3 (8" x 4" loaf showing end)
18. Sour dough bread – 3" slice including end of regular size loaf
19. Quick coffee cake – 3" corner square
20. Bar - 3" corner square, unfrosted
21. Brownie - 3" corner square
22. Baked drop cookies – 2 (i.e. chocolate chip, oatmeal, etc.)
23. Rolled cookies - 2 unfrosted
24. Angel food cake, - ¼ cake, unfrosted

25. Sponge cake - ¼ cake, unfrosted
26. Twisty pretzels – 2
27. Biscuits – 2
28. Bread sticks or dinner rolls - 2
29. Muffins – 2 (no liners)
30. Food prepared in an instant pot – recipe needed
31. Gluten free cookie – 2 (recipe needed)
32. Nationality cookies - 2 cookies of one variety; must include statement of recipe source and nationality of cookies
33. Patriotic food item (2 cookies)
34. Patriotic food item (3" corner, unfrosted, with a picture of the entire item)
35. Recipe collection, box or book, two categories with at least 10 recipes in each
36. Educational poster (14" x 22")
37. Alter recipe to make healthier – must include original recipe, altered recipe, and reason for changes

CLASS 3 - OPEN TO MEMBERS GRADES 9 AND OVER

Lot No.

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

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.

70. Cupcakes, unfrosted - 2
71. Cake from a mix - 3" corner
72. Healthy cookies - 2
73. Coffeecake or dinner rolls made from frozen bread dough - 2 rolls or 3" slice
74. Candies - 2 pieces each of two varieties
75. Gluten free cookie – 2 (recipe needed)
76. Recipe collection, box or book, with at least 10 different recipes

77. Educational poster (14" x 22")
78. Scrapbook displaying your project work, (8 1/2" x 11")
79. 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.