

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 1-3)			
Blue	Red	White	Pink
\$2.00	\$1.75	\$1.50	\$1.25

CLASS 1 - OPEN TO EXHIBITORS GRADES 3-4 ENROLLED IN "SIX EASY BITES" - LEVEL A.

Lot No.

1. Muffins - 2
2. Baked drop cookies - 2 (i.e. chocolate chip, oatmeal, etc.)
3. Plain cake made from mix, 3" corner, unfrosted
4. Food prepared in a microwave – recipe needed
5. Nutritional snack mix – ½ cup
6. No bake bars - 3" corner square
7. Recipe collection with at least 10 recipes
8. Educational poster (14" x 22")
9. Gluten free cookie - 2
10. Brownies - 3" corner square

CLASS 2 - OPEN TO EXHIBITORS GRADES 5 & OVER ENROLLED IN "SIX EASY BITES" - LEVEL A.

Lot No.

11. Cake - 3" corner square, unfrosted
12. No-bake cookies - 2
13. Bar - 3" corner square, unfrosted
14. Muffins - 2
15. Baked Drop cookies - 2 (i.e. chocolate chip, oatmeal, etc.)
16. Food prepared in a microwave – recipe needed
17. Alter recipe to make healthier – must include original recipe, altered recipe, and reason for changes
18. Recipe collection, one category with at least 10 recipes
19. Educational poster (14" x 22")
20. Gluten free cookie - 2
21. Brownies - 3" corner square

PREMIUMS (Class 3-4)			
Blue	Red	White	Pink
\$2.50	\$2.25	\$2.00	\$1.75

CLASS 3 - OPEN TO EXHIBITORS GRADE 8 AND UNDER ENROLLED IN "TASTY TIDBITS" - LEVEL B.

Lot No.

22. Cake - 3" corner square, unfrosted
23. Quick bread - 1/3 (8" x 4" loaf showing end)
24. Bar - 3" corner square, unfrosted
25. Rolled cookies - 2 unfrosted
26. Twisty pretzels – 2 (Tasty Tidbits page 34)
27. Muffins - 2
28. Food prepared in a microwave – recipe needed
29. Gluten free cookie - 2
30. Recipe collection, box or book, two categories with at least 10 recipes in each
31. Educational poster (14" x 22")
32. Alter recipe to make healthier – must include original recipe, altered recipe, and reason for changes
33. Brownie - 3" corner square
34. Baked drop cookies – 2 (i.e. chocolate chip, oatmeal, etc.)

CLASS 4 - OPEN TO EXHIBITORS GRADE 9 AND OVER ENROLLED IN "TASTY TIDBITS" - LEVEL B.

Lot No.

35. Rolled cookies - 2, unfrosted
36. Quick coffee cake - 3" corner square
37. Biscuits - 2
38. Bar – 3" square corner
39. Cake - 3" corner square, unfrosted
40. Muffins - 2
41. Food prepared in a microwave – recipe needed
42. Gluten free cookie - 2
43. Recipe collection, box or book, three categories with at least 10 recipes each
44. Educational poster (14" x 22")
45. Alter recipe to make healthier – must include original recipe, altered recipe, and reason for changes
46. Baked drop cookies – 2 (i.e. chocolate chip, oatmeal, etc.)
47. Brownie – 3" square corner

PREMIUMS (Class 5-6)			
Blue	Red	White	Pink
\$3.00	\$2.75	\$2.50	\$2.25

CLASS 5 - OPEN TO EXHIBITORS - ALL GRADES - ENROLLED IN "YOU'RE THE CHEF" - LEVEL C

Lot No.

48. Nationality cookies - 2 cookies of one variety; must include statement of recipe source and nationality of cookies
49. Filled cookies - 2, unfrosted
50. Angel food cake, - ¼ cake, unfrosted
51. Sponge cake - ¼ cake, unfrosted
52. Pie crust - unfilled - 6" to 9"
53. Bread sticks or dinner rolls - 2
54. Yeast bread (white) - 3" slice including end of regular size loaf
55. Yeast bread (wheat) - 3" slice including end of regular size loaf
56. Yeast bread (rye) - 3" slice including end of regular size loaf
57. Sour dough bread – 3" slice including end of regular size loaf
58. Bar – 3" square corner
59. Candies - 2 pieces each of two varieties
60. Food prepared in a microwave – recipe needed
61. Gluten free cookie - 2
62. Recipe collection, box or book, four categories with at least 10 recipes each
63. Brownie – 3" square corner
64. Poster on nutritional education or careers in food industry (14" x 22")

- 65. Alter recipe to make healthier – must include original recipe, altered recipe, and reason for changes.
- 66. Baked drop cookies – 2 (i.e. chocolate chip, oatmeal, etc.)

CLASS 6 - OPEN TO EXHIBITORS GRADE 9 AND OVER ENROLLED IN "FOODWORKS" - LEVEL D.

Lot No.

- 67. Holiday cookies - 2
- 68. Low-calorie dessert - 1 serving; include basic nutrition information
- 69. Whole wheat or rye yeast bread - 3" slice including end of regular loaf
- 70. Yeast cinnamon rolls - 2
- 71. Bar – 3" square corner
- 72. Jelly roll cake - 3" slice including end of regular loaf
- 73. Donuts - 2
- 74. Candies - 2 pieces each of two varieties
- 75. Pasta, any shape, - 2 cups
- 76. Food prepared in a microwave – recipe needed
- 77. Gluten free cookie - 2
- 78. Recipe collection, box or book, five categories with at least 10 recipes each
- 79. Educational poster on menu planning (14" x 22")
- 80. Alter recipe to make healthier – must include original recipe, altered recipe, and reason for changes
- 81. Baked drop cookies – 2 (i.e. chocolate chip, oatmeal, etc.)
- 82. Brownie – 3" square corner

PREMIUMS

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

CLASS 7 - 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.

- 83. Cupcakes, unfrosted - 2
- 84. Cake from a mix - 3" corner
- 85. Healthy cookies - 2
- 86. Coffeecake or dinner rolls made from frozen bread dough - 2 rolls or 3" slice
- 87. Candies - 2 pieces each of two varieties
- 88. Gluten free cookie – 2
- 89. Recipe collection, box or book, with at least 10 different recipes
- 90. Educational poster (14" x 22")
- 91. Scrapbook displaying your project work, (8 1/2" x 11")
- 92. 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.