

DEPT. 25 - FOODS & NUTRITION

Judging Day - Monday of week preceding the fair

Judging Location - South Exhibit Hall

Judging Time - 2:00 p.m. to 6:00 p.m.

Entry Limit - Maximum 4 entries per class

Additional Rules of Entry

- Members of the same family cannot exhibit food items in the same lot number, unless different recipes are used. (Recipes are not required, but may be helpful to the judge)
- No commercial mixes may be used, except as ingredients in a recipe
- **No foods with raw eggs**
- Members choosing to do action demonstrations need to consider the limitations of the fair judging setting (Example: No stove available, limited room)
- Information on Choose my Plate guidelines can be found at www.ChooseMyPlate.gov

CLASS A – BAKED FOODS

<u>Lot No./Description</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
1. Muffins, any kind, plate of 3 (NOT in paper cups)	\$ 2.00	\$ 1.75	\$ 1.50	\$ 1.25
2. Plate of 3 cookies	2.00	1.75	1.50	1.25
3. Bars, 3 including corner piece	2.00	1.75	1.50	1.25
4. Cake, 4-inch square, not frosted	2.00	1.75	1.50	1.25
5. Sweet rolls, 4 on a plate	2.00	1.75	1.50	1.25
6. 3 cupcakes, not frosted (NOT in paper cups)	2.00	1.75	1.50	1.25
7. Quick bread, ½ loaf	2.00	1.75	1.50	1.25
8. Yeast bread, made only with a bread maker, ½ loaf	2.00	1.75	1.50	1.25
9. Yeast bread, made only with conventional method, ½ loaf or 4 dinner rolls	2.00	1.75	1.50	1.25
10. Yeast dinner rolls, any method, 4	2.00	1.75	1.50	1.25
11. Baked cheese cake, whole cake	2.00	1.75	1.50	1.25
12. Baked homemade pie, whole pie, no canned filling	2.00	1.75	1.50	1.25
13. Any other self-directed baked item, NOT listed above	2.00	1.75	1.50	1.25

CLASS B – MAIN DISHES AND MORE

<u>Lot No./Description</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
15. Baked main dish, 2-4 servings	\$ 2.00	\$ 1.75	\$ 1.50	\$ 1.25
16. Prepared vegetarian main dish, 2-4 servings	2.00	1.75	1.50	1.25
17. A main dish item made with at least 3 dairy products (one may be eggs), 2 servings	2.00	1.75	1.50	1.25
18. Dinner entrée that includes contrasting colors, flavors and textures, one serving	2.00	1.75	1.50	1.25
19. Soup or stew, in a serving bowl	2.00	1.75	1.50	1.25
20. Main dish Pizza, ¼ section of whole	2.00	1.75	1.50	1.25
21. Main dish with hamburger base, one serving	2.00	1.75	1.50	1.25
22. Full main entrée with at least two side dishes	2.00	1.75	1.50	1.25
23. Any international entrée, 2-3 servings	2.00	1.75	1.50	1.25
24. Any other self-directed main dish, NOT listed above	2.00	1.75	1.50	1.25

CLASS C – HEALTHY FOOD CHOICES

<u>Lot No./Description</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
30. Fruit or vegetable tray with low-fat dip, 2-4 servings	\$ 2.00	\$ 1.75	\$ 1.50	\$ 1.25
31. Food item featuring special dietary consideration	2.00	1.75	1.50	1.25
32. Favorite recipe changed to a healthier version, must provide: old & new recipe and product	2.00	1.75	1.50	1.25
33. Nutritious snack or beverage. 2 ingredients or more	2.00	1.75	1.50	1.25
34. A healthy school lunch	2.00	1.75	1.50	1.25
35. Food item featuring whole grain	2.00	1.75	1.50	1.25

36. A healthy balanced homemade breakfast	2.00	1.75	1.50	1.25
37. Any other healthy choices exhibit, NOT listed above	2.00	1.75	1.50	1.25

CLASS D – NO-BAKE AND OTHER DESSERTS

<u>Lot No./Description</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
40. Torte, 4-inch corner square	\$ 2.00	\$ 1.75	\$ 1.50	\$ 1.25
41. No-bake homemade pie, whole pie	2.00	1.75	1.50	1.25
42. Homemade candy, 4 pieces	2.00	1.75	1.50	1.25
43. Any international dessert, 2-4 servings	2.00	1.75	1.50	1.25
44. Any other self-directed dessert item, NOT listed above	2.00	1.75	1.50	1.25

CLASS E – SNACKS, APPETIZERS, AND SIDES

<u>Lot No./Description</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
50. Fruit or vegetable tray with dip, 2-4 servings	\$ 2.00	\$ 1.75	\$ 1.50	\$ 1.25
51. Vegetable side dish or cold pasta salad, 2 servings	2.00	1.75	1.50	1.25
52. Fruit or vegetable pizza, 1/4 section of whole	2.00	1.75	1.50	1.25
53. A snack or appetizer made with at least 3 dairy products (one may be eggs), 2 servings	2.00	1.75	1.50	1.25
54. Favorite holiday side dish (any holiday)	2.00	1.75	1.50	1.25
55. Any other self-directed snack, appetizer or side exhibit, NOT listed above	2.00	1.75	1.50	1.25

CLASS F - FOOD PRESERVATION

Additional Rules of Entry

- Members of the same family cannot exhibit in the same lot number
- Use regulation half pint, pint or quart jars for canning entries
- Use U.S.D.A. standards
- Follow recommended procession procedures outlined in the current UW Extension literature
- Jams and jellies must be exhibited in half pints. Dehydrated entries should be exhibited in container appropriate to item
- Bring a second container for display, as the judge has the option of opening the entry.
- Attach the following 2" x 4" label to exhibit answering the following seven questions:

1. Class number

2. Date canned

3. Name of product

4. Method of preparation

5. Time of processing

6. One of the following:

- Hot pack
- Raw pack
- Dehydration
- Freezing

7. Method of Procession:

- Pressure cooker
- Boiling Water Bath
- Dehydration
- Freezing

<u>Lot No./Description</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
60. Apples	\$ 2.00	\$ 1.75	\$ 1.50	\$ 1.25
61. Applesauce	2.00	1.75	1.50	1.25
62. Cherries, pitted	2.00	1.75	1.50	1.25
63. Rhubarb	2.00	1.75	1.50	1.25
64. Peaches	2.00	1.75	1.50	1.25
65. Pears	2.00	1.75	1.50	1.25
66. Tomato juice	2.00	1.75	1.50	1.25
67. Tomatoes	2.00	1.75	1.50	1.25
68. Black raspberries	2.00	1.75	1.50	1.25
69. Red raspberries	2.00	1.75	1.50	1.25
70. Other berries/ blue or locally grown fruit	2.00	1.75	1.50	1.25
71. Green beans, cut	2.00	1.75	1.50	1.25
72. Sweet corn, off cob	2.00	1.75	1.50	1.25
73. Creamed corn	2.00	1.75	1.50	1.25
74. Asparagus	2.00	1.75	1.50	1.25
75. Peas	2.00	1.75	1.50	1.25
76. Yellow wax beans, cut	2.00	1.75	1.50	1.25

77. Vegetable pickles	2.00	1.75	1.50	1.25
78. Bread and butter pickles	2.00	1.75	1.50	1.25
79. Dill pickles, specify on label	2.00	1.75	1.50	1.25
80. Sweet pickles	2.00	1.75	1.50	1.25
81. Jam, any variety (cooked jam only)	2.00	1.75	1.50	1.25
82. Jelly, any variety	2.00	1.75	1.50	1.25
83. Freezer jam	2.00	1.75	1.50	1.25
84. Any other canned food, not listed above	2.00	1.75	1.50	1.25
85. Any other dehydrated food	2.00	1.75	1.50	1.25

CLASS G – MAPLE SYRUP

Additional Rules of Entry

- Members of the same family cannot exhibit in the same lot number
- Bring a second container for display as the judge has the option of opening the entry
- Clear one-pint containers are to be used with no identifying labels or private label

<u>Lot No./Description</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
89. Maple Syrup	\$ 2.00	\$ 1.75	\$ 1.50	\$ 1.25

CLASS H – CAKE DECORATING

Additional Rules of Entry

- Will be judged on decorating only
- **Cake decorating judging will take place on, Wednesday, August 30, 2023**
- Cupcakes do not need to be from scratch

<u>Lot No./Description</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
90. Decorated cake, any size. NO REAL CAKES	\$ 2.00	\$ 1.75	\$ 1.50	\$ 1.25
91. Plate of 3 decorated cupcakes	2.00	1.75	1.50	1.25
92. Decorated holiday cupcakes	2.00	1.75	1.50	1.25
93. Gingerbread House	2.00	1.75	1.50	1.25
94. Any other decorated item, NOT listed above	2.00	1.75	1.50	1.25

CLASS I – NON-PERISHABLE EXHIBITS

<u>Lot No./Description</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
100. Create your own fantasy restaurant with menu	\$ 2.00	\$ 1.75	\$ 1.50	\$ 1.25
101. 2–3-minute action demonstration	2.00	1.75	1.50	1.25
102. Table setting, place setting for 1	2.00	1.75	1.50	1.25
103. Menu display for 2 days (6 meals) using My Plate guidelines	2.00	1.75	1.50	1.25
104. Any handmade display teaching the My Plate guidelines	2.00	1.75	1.50	1.25
105. Poster (14" x 22") about safety and/or sanitation while in the kitchen	2.00	1.75	1.50	1.25
106. Poster (14" x 22") showing table manners	2.00	1.75	1.50	1.25
107. Poster (14" x 22") about a cooking technique	2.00	1.75	1.50	1.25
108. Poster (14" x 22") demonstrating foods and nutrition leadership experience	2.00	1.75	1.50	1.25
109. Any other self-directed non-perishable exhibit, NOT listed above	2.00	1.75	1.50	1.25