

Food & Nutrition – Division R

1. Read and comply with all General Exhibit Building Rules.
 2. **The recipe (ingredients, preparation instructions, time, temperature) must be included with any prepared or preserved food exhibit. Source of recipe must be credited. All food exhibits should be appropriate for human consumption.**
 3. Include 2 samples of preserved food. One will be opened. Preserved foods must include a **Food Preservation Exhibit label** with the type of food, method of preservation, processing time, date processed, and source of recipe and/or method of preservation. **Only food processed after August 1, of last year is acceptable.** Current USDA and/or Iowa State University home food preservation recipe and methods must be used. Recipes must be from a source, such as USDA, Extension, or Blue Ball Book (no family recipes) **Contact Boone County ISU Extension or ISU Extension Answer Line at 1-800-262-3804 for current information.**
 4. **Display:** Prepared foods should be placed on a firm, disposable pan or plate or flat cardboard. Place in a resealable plastic bag with entry tag, recipe, and goal cards fastened outside the bag. A representative sample of the recipe needs to be displayed; suggestion is 6 cookies, rolls, muffins. If you choose to use a display box, the total dimensions are not to exceed 10"x12"x14." These dimensions can be applied to height, width, or depth as best fits the exhibit.
 5. **Limits:** Since exhibits are on display several days, it's necessary to limit exhibits to products which hold up well. Products which contain flour as a basic ingredient are acceptable. Items that require refrigeration like cream fillings, cream pies including pumpkin, meat or broth, relish or fruit trays, cheeses, eggs, egg noodles, custards, cheesecake, fresh fruits, friendship starters are not acceptable entries for the fair. No meat jerky exhibits. The use of alcoholic beverages in the preparation of 4-H food exhibits is not permitted.
 6. **Food Safety:** All food products and food preparation procedures used, illustrated, or described must be unquestionably safe. **Food product exhibits must be prepared, baked or cooked using only food grade utensils and containers.** If a judge has concerns about food safety, the exhibit will be judged on standard criteria and ribbon awarded, but not tasted, sold at bake sale, or held for further consideration. Food product must be taken home and only written support materials put in booth.
 7. **Bake Sale:** Members are encouraged to sell foods at the bake sale on judging day. After being judged, 4-H'ers are to take their food exhibits to the bake sale table. A small section will be packaged with tags and ribbon for display. The larger portion will be sold. Proceeds from the sale will go into the Boone County 4-H Fund for the benefit of 4-H members.
- 521A – Food Preparation and Safety:** Includes, but not limited to, prepared product, product evaluation, food preparation terms, storage practices, etc. Includes food preservation (see rule #3).
- 521B – Consumer Behavior and Management:** Includes, but not limited to, resource management, product comparison, meal planning and service, purchasing, food packaging and recycling, nutrition labeling, etc
- 521C – Nutrition and Wellness:** Includes, but not limited to dietary guidelines, nutrient functions, physical health, etc.
- 521D – Other Food and Nutrition Ideas:** Exhibit can tell or show any special related topic such as measurement of ingredients, eating out, special recipe collection, cultural food traditions, food science "whys," careers, etc.