

Food & Nutrition Exhibit Guide

Story County



With your project you are going to want to make an Exhibit Write-Up as follow:

The write-up consists of answering three questions on paper for a judge.

1. **What was your exhibit goal(s)? (What did you plan to learn or do?)**
2. **What steps did you take to learn or do this?**
3. **What were the most important things you learned?**

The write-up can be on a notecard, paper in a page protector, or even in a binder.

Option: May include pictures, resource list, etc.

After fair-you may add your exhibit write-up to your Food & Nutrition project records. This is a good support piece for county 4-H project award applications.

If the exhibitor chooses a display to illustrate what was learned:

- Posters may not exceed 24"x 36" in size
- Chart boards, graph boards, project presentation boards, model displays, etc., may not exceed 48"x 48" in size.
Maximum size is determined by measuring the flat (unfolded) dimensions.
- Display boxes may not exceed 28"x 22" in height or width and 12" in depth

Food & Nutrition Special Rules-State Rules

1. Any exhibit considered to be a food safety risk or portray a food safety risk will not be accepted, judged or displayed. Refer to publication 4-H 3023 "Inappropriate Food Exhibits for Iowa 4-H Fairs." <http://www.extension.iastate.edu/Publications/4H3023.pdf>
2. All food products/exhibits should be appropriate for human consumption.
3. Food product exhibits must be prepared, baked or cooked using only food grade utensils and containers.
4. Products that require refrigeration will not be accepted, judged or displayed.
5. Meat jerky products are prohibited.
6. The recipe must be included for any prepared food exhibit; credit the source of the recipe.
7. Preserved foods must include the Food Preservation Exhibit Label.(Available at the Extension Office)
Only food processed after August 1 of the previous calendar year will be accepted at the fair. Canned products require a USDA approved recipe and the USDA canning process must be followed.
8. Preserved food exhibits must include two product samples. One will be opened for evaluation and discarded; the second will be placed on display and returned to the exhibitor. All perishable food products will be discarded when removed from display.
9. Prepared foods should be placed on a firm disposable plate or flat cardboard. Place food product exhibit in a re-closable plastic bag with entry tag fastened outside the bag.
10. The use of alcoholic beverages in the preparation or production of 4-H food exhibits is NOT permitted.

You can find additional Food & Nutrition information, USDA approved recipes, and a canning process guide at the following websites:

Food and Nutrition 4-H Project information: <http://www.extension.iastate.edu/4h/projects/foodandnutrition>

National Center for Home Food Preservation at their website: <http://nchfp.uga.edu/>

Fresh Preserving with Ball Blue Book at their website: <http://www.freshpreserving.com>

USDA Complete Guide to Home Canning at the National Center for Home Food Preservation website: http://nchfp.uga.edu/publications/publications_usda.html

Fair Class

Food & Nutrition

An exhibit that shows learning through cooking, baking, eating and choosing healthy foods, including safety practices. Exhibits may include prepared products or educational displays. See also publication 4-H 3023 "Inappropriate Food Exhibits for Iowa 4-H Fairs" for additional information regarding prepared and preserved food products. County fair note: For a batch of prepared products, consider including 6 cookies, muffins, etc.