

FAMILY & CONSUMER SCIENCES

5 entries per class

Must be entered in <https://bremer.fairentry.com> by **July 1st of the current year**. **Judging:** Monday, July 24; Starts at 10AM

Department: Statics

Division: 104: Family & Consumer Sciences

Class:

10410: Child Development – An exhibit that shows learning about children. An exhibit could include careers in child development, caring for children with special needs, childcare, growth and development, or safety and health. An exhibit that includes items intended for use with children, such as babysitting kits, books, learning games, or toys, must include information about what you have learned about children while creating and using the exhibit OR what the child/children learned from their use of the item(s) in the exhibit.

10420: Clothing and Fashion: Constructed/Sewn Garments and Accessories – A constructed garment or accessory (sewn, knitted, crocheted, or other process) that shows learning about style, fashion, design, thrifty spending, wardrobe planning, types of fabrics, and/or clothing care. Exhibits must be intended to be worn by humans.

10422: Clothing and Fashion: Purchased Garments and Accessories – Purchased garments or accessories that show learning about style, fashion, design, thrifty spending, wardrobe planning, types of fabrics, and/or clothing care. Exhibits must be intended to be worn by humans.

10424: Clothing and Fashion: Other Ideas/Educational Exhibits – Any other educational exhibit that shows learning about clothing and fashion including design illustrations, exploration of clothing styles, careers, clothing care, etc.

Clothing and Fashion Special Rules:

1. *Outfits or accessories which will be worn during the Awardrobe Clothing Event may not be entered as a 4-H Iowa State Fair exhibit.*
2. *Exhibits in classes 10420 and 10422 must include information about application of design elements and art principles. Exhibits in class 10424 should include information about application of design elements and art principles if appropriate for the exhibit.*

10430: Consumer Management – An exhibit that shows learning through savvy budgeting, comparison shopping, money management, or consumer rights and responsibilities.

10440: Food and Nutrition: Prepared Product – An exhibit of a prepared food product that shows skills or learning about cooking, baking, eating and choosing healthy foods, or safety practices through the making of a prepared food product. See *Food and Nutrition Special Rules below and HS 76 “Foods for Iowa 4-H Fairs – Quick Reference Guide”* at <https://store.extension.iastate.edu/product/6434> for additional information regarding prepared food products. **Display boxes are not allowed for prepared products at the Iowa State Fair.**

10442: Food and Nutrition: Preserved Product – An exhibit of a preserved food product that shows skills or learning about food preservation through the making of a prepared or preserved food product. Processed honey may be exhibited in this class. See *Food and Nutrition Special Rules below and HS 76 “Foods for Iowa 4-H Fairs – Quick Reference Guide”* at <https://store.extension.iastate.edu/product/6434> for additional information regarding preserved food products.

10445: Food and Nutrition: Educational Display – An educational exhibit (poster, report, display) that shows skills or learning about cooking, baking, eating, and choosing healthy foods, meal planning/preparation and service, safety practices, or food preservation. See *Food and Nutrition Special Rules below and HS 76 “Foods for Iowa 4-H Fairs – Quick Reference Guide”* at <https://store.extension.iastate.edu/product/6434> for additional

information regarding prepared and preserved food products. Exhibits showing learning about meal planning and service must include a menu.

Food and Nutrition Special Rules:

1. Any exhibit considered to be a food safety risk or portray a food safety risk will not be accepted, judged, or displayed.
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 or preserved food exhibit, including the source of the recipe.
7. Preserved foods must include the Preserved Food 4-H Exhibit Label. Only food processed after August 1, 2023, is acceptable. Current USDA and/or Iowa State University guidelines for home food preservation must be used. Processed honey must include the Honey Label for 4-H Exhibits.
8. Preserved foods 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. Recommended number of items to include with the exhibit:
 - Cookies, cupcakes, bars, muffins, rolls, etc. – four (4) to six (6) items
 - Cakes, loafs, pies, etc. – one (1) whole product.
10. The use of alcoholic beverages in the preparation or production of 4-H food exhibits is NOT permitted.

10450 Health – An exhibit that shows learning through food choices, physical activity, safe activities, skills such as first aid and CPR, careers, and/or healthy lifestyle choices.

10460 Home Improvement – An exhibit that shows learning in planning, improving, and caring for your home living space, including extended personal living areas immediately adjacent to the home. Exhibits may include new or refinished/reclaimed/restored items. Exhibits showing learning about home design, furniture, home accessories, and fabrics must include information about how design elements and art principles were applied.

Home Improvement Special Rules:

1. Items entered for exhibition at the fair must be ready for display in the home: pictures framed, wall hangings and pictures ready to hang, etc. Make sure hangers are strong enough to support the item. Command Strips or other quick attach products are usually not adequate hangers. Items not ready for display will be dropped one ribbon placing.
2. Exhibit write-up/information must include source of inspiration and/or references indicating where the idea or information was obtained, giving credit to original author(s), designer(s), artist(s).

10470: Sewing and Needle Arts – A constructed item (sewn, knitted, crocheted, or other process) that shows learning and skill in sewing, knitting, crocheting, or other needle arts. May include the construction of household items such as pillowcases, curtains, table runners, quilts, wall hangings, etc. Exhibits in this class are not intended to be worn by humans.

10472: Sewing and Needle Arts: Other Ideas/Educational Exhibits – Any other educational exhibit that shows learning about sewing and needle arts including construction techniques, use and care of fabrics and fibers, design illustrations, decorative processes, careers, etc.

NOTE: Exhibits in classes 10470 and 10472 should include information about application of design elements and art principles if appropriate for the exhibit.

10480: Other Family and Consumer Science – An exhibit that demonstrates learning about a family and consumer science topic that does not fit any other Family and Consumer Science class listed.

Special Exhibition - \$11 MEAL CHALLENGE

Special Exhibition: Thrifty Meal Challenge

10490: Thrifty Meal Challenge – Create a balanced, nutritious meal for family of four (4) that includes a serving from each of the five food groups with a budget of \$11.

Thrifty Meal Challenge Special Rules:

1. *Each county may advance one (1) exhibit in this class to the Iowa State Fair.*
2. *All entries will receive an evaluation and ribbon.*
3. *Exhibit may be from an individual or group effort.*
4. *The total expense on receipt(s) must not exceed \$11.*
5. *The meal must serve four (4) people, with a serving for each person from each of the five (5) food groups: Fruit, Vegetable, Protein, Grain, and Dairy.*
 - a. *Recommended portion sizes per person: ½ cup fruit, ½ cup vegetable, 3 ounces protein, 1-2 ounces grain, 1 cup equivalent dairy.*
 - b. *If there is a dairy allergy, you may substitute it with a calcium-rich item, but you will need to indicate the allergy and identify how the item substituted provides enough calcium.*
6. *The exhibit will be a poster (maximum size 20 inches x 30 inches) that includes:*
 - a. *A copy of the Thrifty Meal Challenge Worksheet attached to the back of the poster.*
 - b. *The menu, the outline of food items, and appropriate portion sizes for each food item.*
 - c. *Meal type (breakfast, lunch, or dinner)*
 - d. *Copy of grocery receipts (up to 2)*
 - e. *Photos of the experience: grocery shopping, food preparation, and prepared meal.*

For more information about this special challenge, please go to

<https://www.extension.iastate.edu/4h/meal-challenge>.