



2020 BUTLER COUNTY CHALLENGE CLASSES

(Not eligible for Iowa State Fair)

10701 Food & Nutrition Challenge Recipe

1. Any 4-H/FFA member is eligible to enter.
2. One entry per exhibitor.
3. All food and nutrition special rules must be followed. Refrigeration must not be needed.
4. Entries will be judged (not conference judged) on Tuesday.
5. Exhibit must be entered through Fair Entry.
6. Exhibitors must use the recipe listed below.

Whole Grain Cereal Treats

3 tablespoons margarine or butter
1 package (10 ounces) regular marshmallows
6 cups whole grain cereal (Cheerios, wheat flakes, wheat Chex, etc.)

Stir again until smooth. Add cereal and stir until well coated. Press mixture into 9" x 13" pan coated with cooking spray using a buttered spatula or waxed paper. Cut into 2 inch squares when cool.

Heat margarine and marshmallows on high in the microwave for 3 minutes, stirring after 2 minutes.

Source: Spend Smart. Eat Smart. Iowa State University Extension and Outreach

10702 Photography Challenge Class: "Food"

1. Any 4-H/FFA member is eligible to enter.
2. One entry per exhibitor.
3. This photo is not included in the photography project limit.
4. Exhibitors are to follow photography special rules.
5. Entries will be judged (not conference judged) on Tuesday.
6. Exhibit must be entered through Fair Entry.

Food Photography helps brand and market food for companies by increasing them and drawing in new customers. Working with food photography has the ability to make consumers stop, look, and want to taste. This is usually an action that the human body can't ignore! Can't wait to see what you can capture!