104:01 Child Development – Educational display or other type of exhibit relating to a child development project/program, such as age-appropriate games and toys, original stories, babysitting, toy safety, positive guidance and discipline, kids with special needs, careers, etc. Exhibit information should include what you have learned: 1) about yourself and/or 2) about children while creating and using this exhibit or 3) what the child gained or learned from use of the item in the exhibit.

104:02 Clothing and Fashion – An exhibit that shows learning about style, fashion, design, thrifty spending, wardrobe planning, types of fabrics, and clothing care. Exhibits may include constructed or purchased clothing and accessories. **Junior members (4-6) must include an application of the design element line or color; Intermediate members (7-8) must include an application of 2 design elements; Senior members must include an application for at least 1 design element and 1 art principle.**

104:03 Consumer Management – An exhibit that shows learning through savvy budgeting, comparisons, shopping, money management, and consumer rights and responsibilities. The process of learning about one’s self, while making decisions as a consumer is an important part of the project.

104:04 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 4-H 3023 “Inappropriate Food Exhibits for Iowa 4-H Fairs” for additional information regarding prepared and preserved food products. This publication may be found at: [http://www.extension.iastate.edu/clinton/content/4-h-food-nutrition-projects](http://www.extension.iastate.edu/clinton/content/4-h-food-nutrition-projects)

1. The recipe (ingredients, preparation instructions, time, and temperature) MUST be included for any prepared food exhibit. The source of the recipe must be credited.
2. Preserved foods must include the Food Preservation Exhibit Label available at: [http://www.extension.iastate.edu/clinton/content/4-h-food-nutrition-projects](http://www.extension.iastate.edu/clinton/content/4-h-food-nutrition-projects)
   a. Type of food.
   b. Method of preservation.
   c. Processing time.
   d. Date processed.
   e. Source of recipe and/or method of preservation (if a publication was used, include name and date). Current USDA and/or Iowa State University guidelines for home food preservation methods must be used (Call the Clinton County Extension Office to talk with the Families & Nutrition Specialist or call the ISU Hotline for recommended practices at 1-800-262-3804).
3. Preserved foods will be returned to the exhibitor. Required to provide two (2) product samples of preserved foods. Prepared foods will be sold the day of the county evaluation, with a sample remaining in the club booth.
4. Prepared foods should be placed on a firm disposable plate or flat cardboard. Consider this recommendation rather than pans, plates, china, or baskets due to potential damage or loss. Place exhibit in a re-sealable plastic bag with entry tag fastened to the outside of the bag. For cookies, muffins, etc. please have at least 5 items. For a pie, loaf of bread, etc. please bring the entire item.
5. Meat jerky products are prohibited.
6. Food product exhibits must be prepared, baked or cooked using only food grade utensils and containers.
7. Products that require refrigeration (cream fillings, cream pies, meat or broth, relish or fruit trays, cheeses, eggs, custards, egg noodles, and friendship starters, etc.) are not appropriate entries for the fair. These items do not hold up well at room temperature and often pose a food safety hazard. Such items will not be accepted, judged, or displayed.
8. All food products and food preparation procedures used, illustrated, or described must be unquestionably safe. **Any exhibit considered to be or portrayed as a food safety risk will not be accepted, judged, or displayed.**

9. If you choose to use a display box, the total dimensions are not to exceed 10”x 12”x 14”. (The three dimensions can be applied to best fit the exhibit size for height, width, or depth.) Poster size maximum: poster board 24” x 36” or foam core board 22” x 30”.

10. All food products should be appropriate for human consumption.

11. Due to safe handling concerns during processing, no meat jerky product exhibits are allowed.

12. The use of alcoholic beverages in the preparation or production of 4-H food exhibits is NOT permitted.

13. Please visit: [http://www.extension.iastate.edu/4h/projects/foodandnutrition.htm](http://www.extension.iastate.edu/4h/projects/foodandnutrition.htm) for helpful tips.

**104:05 Health** – An exhibit that shows learning through food choices, safe activities and skills such as first aid and CPR, careers, and healthy lifestyle choices.

**104:06 Home Improvement** – An exhibit that shows learning in planning, improving and caring for your home living space. Exhibits may include new or refinished/reclaimed/restored items.

- **Junior members must include an explanation of 1 art principle and 1 design element**
- **Intermediate members must include an explanation of 2 art principles and 2 design elements**
- **Senior members must include an explanation of 2-3 art principles and 2-3 design elements.**

**104:07 Sewing and Needle Arts** – An exhibit that shows learning and skill in sewing, knitting, crocheting, or other needle arts, the use and care of fabrics and fibers, or the construction of clothing and other items.

- **Junior members (4-6) must include an application of the design element line or color**
- **Intermediate member (7-8) must include an application of 2 design elements**
- **Senior members must include an application for at least 1 design element and 1 art principle**

**104:08 Other Family and Consumer Science** – An exhibit that demonstrates learning about a family and consumer science topic that does not fit any previous Family & Consumer Science class listed