

JACKSON COUNTY FAIR

JUNIOR CLASS – FOODS & NUTRITION

DEPARTMENT 25 – FOODS & NUTRITION ATCP NO. 160.71

SUPERINTENDENT: DEB JOHNSON 715-299-8383

FOODS AND NUTRITION REGULATIONS:

1. Judging will be held on **Wednesday, of Fair at 4p.m.** at the fairgrounds.
2. Food Fair judging will be face-to-face for all exhibitors.
3. All foods become the property of the Agricultural Society.
4. Exhibitors may exhibit up to 4 food items and 2 posters in Class B, C, D, E, and F, plus each exhibitor, any age, may exhibit in Class G, H, and I.
5. Bring items on own plates. After judging some food will be sent home to avoid waste. Small plates will be available.
6. Stickers will be placed on entry tag to show placing. Ribbons can be picked up on Sunday if desired.
7. All products must be made from scratch unless otherwise specified. Do not use nuts in any food products except for items in Classes F, G, H. Do not use topping or frosting on baked goods unless it is part of the project.
8. Frozen products **MUST** be completely thawed when brought to the judging. Indicate to the judge the items that have been frozen.
9. No food product including muffins, will be accepted if baked in paper liners, unless otherwise specified. Cupcakes for use in decoration may have paper liners
10. **Exhibitors are to choose their own recipes and bring recipe with entry**
11. Cookie and Bar Descriptions
 - a. DROP COOKIES are made from soft dough, dropped by a teaspoon on a lightly greased cookie sheet and baked quickly
 - b. MOLDED COOKIES are made from stiff dough, rolled with the hands into balls or long pencil-thick rolls; then flattened or shaped as directed in recipe before baking
 - c. PRESSED COOKIES are made of dough that is slightly stiffer than drop cookie dough, but pliable. It is soft enough to be forced through a cookie press, or a bag with a decorated tip and withhold the shape of the cookie
 - d. REFRIGERATOR COOKIES are made from stiff, rich dough. They are shaped into a long thick roll, chilled and kept in the refrigerator ready to be sliced. Evenly about 1/8 inch thick, with a sharp knife and baked as needed
 - e. ROLLED COOKIES are made from dough stiff enough to roll thick with a rolling pin. Before baking they are cut into the desired shapes with floured cookie cutter
12. Loaf or quick bread: Bake in a 9"x5"x3" loaf pan
13. Loaf or bread: Yeast or Batter. Bake in 9"x5"x3" loaf pan. Do not grease top of loaf
14. Cakes are to be exhibited right side up.
15. Poster or Skillathon – Poster size is 14"x22". Skillathon shows or teaches a skill in foods.
16. Exhibits not meeting criteria will have premium lowered one place.
17. The Superintendent has the privilege of rejecting any item not meeting the requirement.
18. Please see the general fair rules on our website at www.jacksoncountyfairwi.com

CLASS B – OPEN TO MEMBERS 3RD – 4TH GRADE ENROLLED IN FOODS & NUTRITION

1st - \$2.00 2nd - \$1.75 3rd - \$1.50 4th - \$1.25

Item

1. Muffins, plain (3)
2. Drop cookie, Chocolate Chip (3)
3. Molded Cookie, Peanut Butter (3)

4. Granola Bars (3)*
5. Brownies from a mix (3)
6. Cake mix, Yellow-unfrosted, 4" corner piece
7. Plain Rice Krispy Bar
8. Nutritious Finger Food (3)
9. Unbaked Cookies (3)
10. Oatmeal-Raisin Cookies (3)
11. Poster on healthy food selection*
12. Poster on smart food purchasing*
13. Poster on food preparation*
14. Poster on food safety*

*4-H Members – Use information from Level A Project Book

CLASS C – OPEN TO MEMBERS 5TH – 6TH GRADE IN FOODS & NUTRITION

1st - \$2.00 2nd - \$1.75 3rd - \$1.50 4th - \$1.25

Item

1. Muffins, Bran (3)
2. Muffins, Corn Bread (3)
3. Drop Cookie, any (3)
4. Rolled Cookie, Sugar, Same Shape (3)
5. Brownies – unfrosted (3)
6. Cake, Chocolate – unfrosted, 4" corner piece
7. Quick coffee cake, crunch topping, 4" corner piece
8. Snack, unbaked, low in fat and sugar, with recipe
9. Pumpkin Bars (unfrosted) (3)
10. Bread Machine Bread – any – no mixes
11. Poster on healthy food selections
12. Poster on smart food purchasing
13. Poster on food preparation
14. Poster on food safety
15. Poster on food groups

OUTSTANDING AWARD - RIBBON

CLASS D – OPEN TO MEMBERS 7TH-8TH GRADE ENROLLED IN FOODS & NUTRITION

1st - \$2.50 2nd - \$2.25 3rd - \$2.00 4th - \$1.75

Item

1. Baking Powder Biscuits (3)
2. Molded Cookie, any (3)
3. Refrigerator Cookie, any (3)
4. Quick Bread, pumpkin 1/2 loaf
5. Cake, white-unfrosted, 4" corner piece
6. Cake comparison (bring 2" corner square of 2 cakes – one made with applesauce and one made with oil)
7. Yeast dinner rolls, white (3)
8. Soft Pretzels (2)
9. Pastry shell, 4" individual size
10. Cupcakes, no frosting (3)
11. Snack, baked, low in fat and sugar
12. Poster on healthy food selections
13. Poster on smart food purchasing
14. Poster on food safety
15. Poster on collection of 5 family favorites

OUTSTANDING AWARD - RIBBON

CLASS E – OPEN TO MEMBERS 9TH-10TH GRADE ENROLLED IN FOODS & NUTRITION

1st - \$2.50 2nd - \$2.25 3rd - \$2.00 4th - \$1.75

Item

1. Cookie filled, choice of fruit (3)
2. Molded cookie, any (3)
3. Bar, other than brownie (3)
4. Cake, sponge – unfrosted, 4" corner piece
5. Cake using a fruit or vegetable, 4" corner piece

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6. Muffin, blueberry (3)
 7. Quick Bread, any ½ loaf
 8. Yeast bread, white or wheat, ½ loaf, no bread machine
 9. Sweet Roll or Cinnamon Roll, no bread machine
 10. Pumpkin pie, whole
 11. Fudge (3)
 12. Poster on Healthy Food Selections
 13. Poster on Careers
 14. Poster on a Week's Menu Plan
 15. Poster on choosing healthy selections in a restaurant
- OUTSTANDING AWARD - RIBBON

8. Cupcakes (3) – 7th-8th grade
 9. Cupcakes (3) – 9th-10th grade
 10. Cupcakes (3) – 11th grade and older
 11. Cookies (3) – 3rd-4th grade
 12. Cookies (3) – 5th-6th grade
 13. Cookies (3) – 7th-8th grade
 14. Cookies (3) – 9th-10th grade
 15. Cookies (3) – 11th grade and older
- Use Styrofoam pieces for shape (no cake). Size 8"x8" or 9"x13". Everything used for decorating must be edible.

CLASS F – OPEN TO MEMBERS 11TH GRADE & OLDER IN FOODS & NUTRITION

1st - \$3.00 2nd - \$2.75 3rd - \$2.50 4th - \$2.25

- Item
1. Yeast Bread, whole wheat, no bread machine
 2. Yeast Rolls, no bread machine
 3. Pie Crust
 4. Fruit Pie (2 crust) no commercial pie filling
 5. Quick Bread, any ½ loaf
 6. Angel Food Cake
 7. Bar, 2 layer, frosting does not make a layer
 8. Cookie, pressed, 3 different shapes
 9. Cookie, rolled, 3 theme shaped (Christmas, Easter, etc)
 10. Altered recipe to reduce fat, sugar or salt, explain on 3"x5" card
 11. Homemade Candy, any
 12. Poster on Careers
 13. Poster on a Week's Menu Plan
 14. Poster on choosing 1 dish and give examples of 5 leftover ideas
 15. Poster on cost of meal eaten out compared to home cooked
- OUTSTANDING AWARD - RIBBON
OUTSTANDING AWARD (POSTERS) - RIBBON

CLASS G – OPEN TO ALL FOODS & NUTRITION PROJECT MEMBERS

1st - \$2.00 2nd - \$1.75 3rd - \$1.50 4th - \$1.25

- Item
1. Nationality cookie, (3) must include statement of nationality and recipe source
 2. Nationality bread, ½ loaf, must include statement of nationality and recipe source
 3. Cookie made with honey, any type (3) attach recipe
 4. Dessert made with honey, attach recipe
- HONEY AWARD - RIBBON
OUTSTANDING AWARD - RIBBON

CLASS H – MICROWAVE OPEN TO EXHIBITORS ENROLLED IN ANY FOODS AND NUTRITION PROJECT

1st - \$2.00 2nd - \$1.75 3rd - \$1.50 4th - \$1.25

- Item
1. Microwave nutritious snack
 2. Microwave baked product
 3. Microwave candy (3)
 4. Educational poster on microwave cookery or microwave tips
- OUTSTANDING AWARD - RIBBON

CLASS I – DECORATING

- Item
1. Cake – 3rd-4th grade
 2. Cake – 5th-6th grade
 3. Cake – 7th-8th grade
 4. Cake – 9th-10th grade
 5. Cake – 11th grade and older
 6. Cupcakes (3) – 3rd-4th grade
 7. Cupcakes (3) – 5th-6th grade

OUTSTANDING AWARD - RIBBON
WILTON ENTERPRIZES "BEST OF CLASS"
BEST OF SHOW - RIBBON

FOOD PRESERVATION REGULATIONS:

1. All foods must be preserved since the previous Jackson County Fair.
2. All jars must be clean, sealed, and in excellent condition when brought in for exhibit.
3. Canning exhibits must be in either standard pint, pint and one half, or quart jars.
4. Jams or jellies can be exhibited in a standard jar, no larger than one-half pint.
5. Rings on jars are to be removed by the exhibitor at time of entry
6. One jar per item number can be entered.
7. All jars must be labeled. Place information on 3"x5" card and attach it to entry tag with following information. Do not place on jar.

Label Example

Product _____
 Date Canned: _____ Mo: _____ Day: _____ Year: _____
 Method of Preparing (check)
 Hot Pack: _____ Cold Pack _____
 Method of Processing (check)
 Boiling Water Bath: _____ Pressure Canner: _____
 Processing Time: Quart: _____ Pint: _____
 Pounds of Pressure: _____
 Literature Source: _____

University of Wisconsin publications are preferable for recommendations on canning directions and time. Include example of source if not University of Wisconsin Source.

8. The judge reserves the right to open jars of food in case of doubt.
9. Unlimited entries in Class J, K, L, and M.
10. The Superintendent has the privilege of rejecting any item not meeting the requirements.

CLASS J – OPEN TO MEMBERS 8TH GRADE OR YOUNGER IN FOOD PRESERVATION

1st - \$2.00 2nd - \$1.75 3rd - \$1.50 4th - \$1.25

- Item
1. Tomatoes, whole, halved or quartered (indicate what was added)
 2. Tomato Juice (indicate what was added)
 3. Rhubarb
 4. Strawberries
 5. Raspberries, red
 6. Raspberries, black
 7. Blackberries
 8. Blueberries
 9. Peaches
 10. Pears
 11. Cherries (pitted)
 12. Apples
 13. Applesauce
 14. Green Beans, cut
 15. Yellow Was Beans, cut

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16. Carrots, sliced
17. Sweet Corn, off the cob
18. Dill Pickles, fermented
19. Dill Pickles, non-fermented
20. Jam, any variety
21. Jelly, any variety
22. Poster, 14"x22", illustrating safe canning techniques
23. Poster, 14"x22" cost of home canned vs store purchases canned foods.

OUTSTANDING AWARD - RIBBON

CLASS K – OPEN TO MEMBERS 9TH GRADE OR OLDER IN FOOD PRESERVATION

1st - \$2.50 2nd - \$2.25 3rd - \$2.00 4th - \$1.75

Item

1. Tomatoes (whole, halved, or quartered) indicate what was added
2. Tomato Juice – indicate what was added
3. Rhubarb
4. Strawberries
5. Raspberries, Red
6. Raspberries, Black
7. Blackberries
8. Blueberries
9. Peaches
10. Pears
11. Cherries, pitted
12. Apples
13. Applesauce
14. Any other fruit native to Wisconsin
15. Green Beans, cut
16. Yellow Wax Beans
17. Carrots
18. Sweet Corn (off the cob)
19. Peas
20. Any other Vegetable
21. Sweet Pickles
22. Dill Pickles (fermented)
23. Dill Pickles (non-fermented)
24. Bread and Butter Pickles
25. Beet Pickles
26. Crab Apple Pickles
27. Relish, any vegetable (include recipe)
28. Jam – any variety
29. Jelly – any variety
30. Pie Filling, any variety (include recipe)
31. Vegetable soup (include ingredients)
32. Meat – Chicken
33. Meat – Beef
34. Meat – Fish
35. Poster – 14"x22", illustrating safe canning techniques
36. Poster – 14"x22", illustrating cost of home canned vs. store purchased canned food

OUTSTANDING AWARD - RIBBON

CLASS L – FREEZING - OPEN TO ANY MEMBER ENROLLED IN FOODS PRESERVATION

1st - \$2.00 2nd - \$1.75 3rd - \$1.50 4th - \$1.25

Item

1. Poster on freezing, 14"x22", any topic
2. Display on freezing – related topic

OUTSTANDING AWARD - RIBBON

CLASS M – DEHYDRATION - OPEN TO ANY MEMBER ENROLLED IN FOOD PRESERVATION

REGULATIONS:

1. Exhibit ¼ cup in a see-through container (1/2 pint jar, plastic bag.)
 2. Exhibit to be labeled with dehydration date, method, and pre-treatment if any.
 3. Judge has option to open any sealed container
- 1st - \$2.00 2nd - \$1.75 3rd - \$1.50 4th - \$1.25

Item

1. Any Fruit
2. Any Vegetable
3. Any Meat
4. Any Herb
5. Any Snack (trail mix, granola, etc.)

OUTSTANDING AWARD - RIBBON

BEST OF SHOW - RIBBON