

- CLASS 8 Living Tree Display** - Display a living tree seedling grown by the exhibitor from seed. The seed must be from a species listed in 4H 332. The seedling must be 60 days to 1 year old (on judging day). The display container must contain at least 8 inches of soil (potting mix or suitable natural soil), have drainage holes, and a drain pan to catch drainage water.
- **Labeling:** A waterproof label must be attached and include:
    - Common name
    - Scientific name
    - Seed treatments (if any)
    - Planting date
    - Emergence date
    - Exhibitor's name
  - Supplemental information about the tree, e.g. where the seed was collected, growth measurements, uses for that species, etc., may be included in an attached notebook, poster, etc.
  - Supporting information will be an important factor in judging.  
See GENERAL RULES – FORESTRY for further guidelines

**HEALTHY LIFESTYLES EDUCATION**  
(FAVORITE FOOD REVUE, FOOD EXHIBITS, SAFETY & PHYSICAL FITNESS)  
**FAVORITE FOOD REVUE**

**GENERAL RULES – FAVORITE FOOD REVUE**

1. **ENTRY LIMITS** - Participants are allowed one entry.
2. **ELIGIBILITY** - The Favorite Food Revue is open to any currently enrolled 4-H member. Participants do not have to be currently enrolled in a foods project.
3. **PRE-ENTRY** - Participants must pre-enter by completing the appropriate entry form and submitting it to the Johnson County Extension Office by closing on the date designated by the Extension Office.
4. **PURPOSE** - The Favorite Food Revue combines food preparation, menu planning, and table setting skills.
5. **REQUIREMENTS**
  - Participants should plan a menu suitable for the chosen occasion or theme.
  - Participants should prepare one menu item that is comparable in skill difficulty to the age and experience of the exhibitor. Foods prepared should be different those prepared in previous years. The recipe for the prepared food does not have to come from a 4-H manual.
  - Participants should bring the following items the day of the contest: Table service, Centerpiece, Menu Card, Recipe Card, and Card Table
6. **JUDGING** - The Food Revue will be judged by the interview method. 4-H members will visit individually with the judge at their scheduled time. 4-H members should be knowledgeable about their food product; its preparation, nutritional value, cost, etc.; as well as their menu, table service, and planned occasion for serving.
7. **DRESS CODE** - Participants should dress appropriately for the contest (official 4-H attire is not required).
8. **AWARDS** - Special awards will be given to the top three individuals in the Junior (ages 8 to 10), Intermediate (ages 11 to 13), and Senior (ages 14 and over) Divisions. Additionally, the judge will select a top exhibit in the following categories: casual, formal, picnic, and holiday/special occasion.
9. **STATE FAIR** – The top four individuals receiving a purple placing in the Intermediate and Senior Divisions of the Johnson County Favorite Food Revue are eligible to advance to the Nebraska State Fair 4-H Culinary Challenge Contest (see Nebraska State Fair 4-H Fair Book for further rules). For the state contest each county is eligible to submit four two-person teams (two Intermediate Division team and two Senior Division team). Only two-person teams are allowed to compete at the state contest so teams will be created at the county level based on the criteria stated above.

<b>DEPARTMENT E</b>		<b>DIVISION 200</b>		<b>FAVORITE FOOD REVUE</b>
<b>PREMIUM</b>	<b>Purple \$4.00</b>	<b>Blue \$3.00</b>	<b>Red \$2.00</b>	<b>White \$1.00</b>
<b>CLASS 901</b>	<b>Junior Division</b>	8 to 10 years of age		
<b>CLASS 902</b>	<b>Intermediate Division</b>	11 to 13 years of age		
<b>CLASS 903</b>	<b>Senior Division</b>	14 years of age and older		

**FOODS**

**GENERAL RULES – FOOD EXHIBITS (Food & Nutrition, Food Preservation, and Creative Foods Artistry)**

1. **GENERAL RULES** – See GENERAL RULES
2. **ENTRY LIMITS** – In the Food & Nutrition and Creative Food Artistry projects 4-H members are allowed entries in only **ONE LEVEL** of competition (Beginning, Intermediate, or Advanced). 4-H members may only enter **ONE EXHIBIT** per class in ALL projects.
3. **LABELING & PACKAGING** –
  - Each exhibit must include the recipe. 4-H exhibits not having the recipe will be lowered one ribbon.
  - Recipe can be handwritten, typed or photocopied.
  - Exhibits should be placed on the appropriate size paper plate and placed in a self-sealing bag.
  - Attach entry tag and recipe at the corner of the bag outside.
  - All additional information (recipes, special items, etc.) must be labeled with the exhibitor's name and county.
4. **CRITERIA FOR JUDGING** –
  - Exhibits will be judged according to score sheets available in the Extension Office
  - Carefully follow entry instructions and include all required materials. Incomplete exhibits will be lowered one ribbon placing.
  - Commercially prepared mixes are allowed in the Tasty Tidbits – Creative Mixes class (CLASS 2) ONLY!
  - Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be lowered one ribbon placing.
5. **FOOD SAFETY STANDARDS** –
  - Items that require refrigeration will not be accepted, judged, or displayed.
  - Food products must be unquestionably safe to eat when they are entered, whether tasted or not.
  - Egg glazes on yeast products before baking are allowed.
  - Glazes, frostings, and other sugar-based toppings are also considered safe due to the high sugar content.
  - Eggs incorporated into baked goods or crusts and cheese mixed into bread dough are considered safe.
  - Uncooked fruit is not allowed in any exhibit due to spoilage (i.e. fresh fruit tart). All fruit must be cooked.
  - Cream cheese fillings and/or frostings are not allowed. Meat, dried meat, meat substitute pieces (bacon bits, pepperoni, etc.) or melted cheese toppings are not allowed in food exhibits. They may result in an unsafe food product by the time the item is judged due to unpredictable heat and/or weather conditions and will be disqualified.

6. **PROHIBITED ITEMS** – Ingredients that the 4-H member cannot legally purchase, such as: beer, whiskey, rum, etc. may not be used in any recipe or food exhibits. Exhibits that include these items will be disqualified. This includes menu and recipe file exhibits.
7. **TOP EXHIBITS & SPECIAL AWARDS** –
- A top exhibit will be selected from those exhibits receiving purple ribbons in the beginning food & nutrition level, intermediate food & nutrition level, advanced food & nutrition level, food preservation, and cake decorating.
  - An overall top decorated cake and top decorated cupcake, selected from those exhibits receiving purple ribbons, will be eligible for special awards sponsored by Wilton Enterprises.
8. **MANUALS** - Printed materials are available from the Johnson County Extension Office for all currently enrolled 4-H members in Johnson County.

**GENERAL FOOD & NUTRITION PROJECTS** (Open to all levels)

DEPARTMENT E	DIVISION 350				GENERAL
PREMIUM	Purple \$2.50	Blue \$2.00	Red \$1.50	White \$1.00	
<b>CLASS 1</b>	<b>Food Science Explorations</b> - Open to any 4-H'er enrolled in a Foods and Nutrition project. Show the connection between food and science as it relates to food preparation, food safety, or food production. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), computer-based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.				
<b>CLASS 2</b>	<b>Foods and Nutrition Poster, Scrapbook, or Photo Display</b> - Open to any 4-H'er enrolled in a Foods and Nutrition project, involving a nutrition or food preparation or career concept/lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), computer-based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.				
<b>CLASS 3</b>	<b>Physical Activity and Health Poster, Scrapbook, or Photo Display</b> - Open to any 4-H'er enrolled in a Foods and Nutrition project, involving a physical activity or career concept/ lesson. This might contain pictures, captions, and/or reports to highlight the concept. Exhibit may be a poster or foam core board (not to exceed 22" by 30"), computer-based presentation printed off with notes pages, if needed, and displayed in binder, an exhibit display, a written report in portfolio or notebook. Consider neatness and creativity.				
<b>CLASS 4</b>	<b>Cooking Basics Recipe File</b> - A collection of 10 recipes from any source. Each recipe must accompany a complete menu in which the recipe is used. An additional 10 recipes may be added each year the 4-H'er is in the project, with year clearly marked on recipes. Display in a recipe file or binder. Be sure to include the number of servings or yield of each recipe. This may be a continued recipe file project from the previously used 4-H curriculum before 2018.				

**BEGINNING FOOD & NUTRITION PROJECTS**

DEPARTMENT E	DIVISION 409				COOKING 101
PREMIUM	Purple \$1.75	Blue \$1.50	Red \$1.25	White \$1.00	
<b>CLASS 901</b>	<b>Cookies</b> (any recipe) – 4 on a small paper plate				
<b>CLASS 902</b>	<b>Muffins</b> (any recipe) – 4 on a small paper plate				
<b>CLASS 903</b>	<b>Drop Cookie</b> (any cookie recipe dropped from a spoon or scoop, or formed into balls that are flattened before baking) – 4 on a small paper plate				
<b>CLASS 904</b>	<b>Rolled Cookie</b> (any cookie recipe requiring chilling dough, rolling out, and cutting into shapes before baking) – 4 on a small paper plate				
<b>CLASS 905</b>	<b>Refrigerator Cookie</b> (any cookie recipe requiring chilling dough in shaped rolls, then slicing before baking) – 4 on a small paper plate				
<b>CLASS 906</b>	<b>Bar Cookie</b> (any cookie recipe made in pan and cut into bars or squares for serving) – 4 on a small paper plate				
<b>CLASS 907</b>	<b>Filled Cookie</b> (any cookie recipe with filling made from non-perishable ingredients, including jellies, jams, fruits, or candies) – 4 on a small paper plate				
<b>CLASS 908</b>	<b>Extra Muffins</b> (any recipe) – 4 on a small paper plate.				
<b>CLASS 909</b>	<b>Cooking 101 Food Flop</b> - Exhibit one food item illustrating a preparation problem. Flop may be the result of an intentional or accidental mistake. On a sheet of 8 1/2" x 11" paper explain the preparation problem(s) experienced and how it could be overcome. The written explanation will be the basis for judging the exhibit.				

**INTERMEDIATE FOOD & NUTRITION PROJECTS**

DEPARTMENT E	DIVISION 410				COOKING 201
PREMIUM	Purple \$2.50	Blue \$2.00	Red \$1.50	White \$1.00	
<b>CLASS 1</b>	<b>Quick Loaf Bread</b> (any recipe) – Exhibit must include at least 3/4 of a standard loaf displayed on a paper plate) Quick bread is any bread that does not require kneading or rising time and does NOT include yeast. A standard quick bread loaf measures approximately 8 1/2" x 4 1/2" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.				
<b>CLASS 2</b>	<b>Creative Mixes</b> (any recipe) - Exhibit must include at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Baked item made from a mix (commercial or homemade mixes acceptable). Food product must have been modified to make a new or different baked item. (ex. Poppy seed Quick Bread from a cake mix, cake mix cookies, Streusel Coffee Cake from a cake mix, sweet rolls made from ready-made bread dough, monkey bread from refrigerator biscuit dough, etc.). Write what you learned about making this product using a mix instead of a homemade recipe or recipe from "scratch"; does it make it easier to use a convenience product or a mix?				
<b>CLASS 3</b>	<b>Biscuits or Scones</b> - Four biscuits or scones on a small paper plate. This may be any type of biscuit or scone – rolled, dropped, or cut. Recipe must be a non-yeast product baked from scratch				
<b>CLASS 4</b>	<b>Healthy Baked Product</b> (any recipe) – Exhibit must include at least 3/4 of baked product or 4 muffins/cookies on a paper plate. May be baked in a disposable pan.) Recipe must contain a fruit or vegetable as part of the ingredients (Ex. banana bars, cantaloupe quick bread, zucchini muffins, etc.).				
<b>CLASS 5</b>	<b>Coffee Cake</b> (any recipe or shape, non-yeast product) – Exhibit must include at least 3/4 of baked product. May be baked in a disposable pan.) Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.				
<b>CLASS 6</b>	<b>Baking with Whole Grains</b> (any recipe) – Exhibit must include at least 3/4 of baked product or 4 muffins/cookies on a paper plate. May be baked in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)				
<b>CLASS 7</b>	<b>Non-Traditional Baked Product</b> - Exhibit must include a food product prepared using a non-traditional method (i.e. bread machine, cake baked in convection oven, baked item made in microwave, etc.) Entry must be at least 3/4 baked product, or 4 muffins or cookies on a paper plate. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.				

- CLASS 901 **Extra Quick Loaf Bread** – Follow the same criteria as Class 1.  
 CLASS 902 **Extra Creative Mixes** – Follow the same criteria as Class 2.  
 CLASS 903 **Extra Biscuits or Scones** – Follow the same criteria as Class 3.  
 CLASS 904 **Extra Healthy Baked Product** – Follow the same criteria as Class 4.  
 CLASS 905 **Extra Coffee Cake** – Follow the same criteria as Class 5.  
 CLASS 906 **Extra Baking with Whole Grains** – Follow the same criteria as Class 6.  
 CLASS 907 **Extra Creative Mixes** – Follow the same criteria as Class 7.  
 CLASS 908 **Cooking 201 Food Flop** - Exhibit one food item illustrating a preparation problem. Flop may be the result of an intentional or accidental mistake. On a sheet of 8 ½" x 11" paper explain the preparation problem(s) experienced and how it could be overcome. The written explanation will be the basis for judging the exhibit.

**ADVANCED FOOD AND NUTRITION RULES**

1. **GENERAL RULES** – See GENERAL RULES – FOOD EXHIBITS

2. **BREAD MACHINES** –

- Any bread item prepared or baked using a bread machine should be entered under the Cooking 201 – Non-Traditional Baked Product Class (Class 7).
- All exhibits made in the Cooking 301 or Cooking 401 project areas must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

**ADVANCED FOOD & NUTRITION PROJECTS**

DEPARTMENT E	DIVISION 411				COOKING 301
PREMIUM	Purple \$2.50	Blue \$2.00	Red \$1.50	White \$1.00	
CLASS 1	<b>White Bread</b> (any yeast recipe) - At least ¾ of a standard loaf displayed on a paper plate				
CLASS 2	<b>Whole Wheat or Mixed Grain Bread</b> (any recipe)- At least ¾ of a standard loaf displayed on a paper plate				
CLASS 3	<b>Specialty Rolls</b> (any recipe) - 4 rolls on a paper plate. May be sweet rolls, English muffins, Kolaches, bagels, or any other sweet roll recipe that makes individual portions.				
CLASS 4	<b>Dinner Rolls</b> (any yeast recipe) - 4 rolls on a paper plate. May be clover leaf, crescent, know, bun, bread sticks, or any other type of dinner roll.				
CLASS 5	<b>Specialty Bread</b> (any yeast recipe) – Includes tea rings, braids, or other full-sized specialty bread products. Must exhibit at least ¾ of a full-sized baked product. May be baked in a disposable pan.				
CLASS 6	<b>Shortened Cake</b> – NOT FROM A CAKE MIX! At least ¾ of the cake. Shortened cakes use fat for flavor and texture and recipes usually begin by beating fat with sugar by creaming, and include leavening agents in the recipe. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).				
CLASS 901	<b>Extra Bread Product</b> (any recipe) - Follow the same criteria as Class 1 or 2.				
CLASS 902	<b>Extra Roll</b> (any recipe) - Follow the same criteria as Class 3 or 4.				
CLASS 903	<b>Extra Specialty Bread</b> (any recipe) - Follow the same criteria as Class 5.				
CLASS 904	<b>Extra Shortened Cake</b> – Follow the same criteria as Class 6.				
CLASS 905	<b>Cooking 301 Food Flop</b> - Exhibit one food item illustrating a preparation problem. Flop may be the result of an intentional or accidental mistake. On a sheet of 8 ½" x 11" paper explain the preparation problem(s) experienced and how it could be overcome. The written explanation will be the basis for judging the exhibit.				

DEPARTMENT E	DIVISION 412				COOKING 401
PREMIUM	Purple \$2.50	Blue \$2.00	Red \$1.50	White \$1.00	
CLASS 1	<b>Double Crust Fruit Pie</b> - Made with homemade fruit filling. <b>NO</b> egg pastries or cream fillings. No canned fillings. May be a double crust, crumb, or lattice topping. Enter in an 8" or 9" disposable pie pan.				
CLASS 2	<b>Family Food Traditions</b> (any recipe) - At least ¾ of baked product or 4 muffins or cookies on a paper plate or can be baked in a disposable pan. Any baked item associated with family tradition and heritage. Entry must include: 1. Recipe, 2. Tradition or heritage associated with preparing or serving the food, 3. Where or who the traditional recipe came from.				
CLASS 3	<b>Ethnic Food Exhibit</b> (any recipe) - At least ¾ of baked product or 4 cookies or muffins exhibited on a paper plate or baked in a disposable pan. The name of the country, culture, or region should be included as part of the supporting information with the recipe as well as some background information about the country or culture the food item is representing.				
CLASS 4	<b>Candy</b> (any recipe) – 4 pieces of candy on a paper plate or ½ a cup. No items containing cream cheese will be accepted (ex. cream cheese mints). Candy may be cooked or no cook; dipped, molded, made in the microwave or other methods of candy preparation. Recipe must be included.				
CLASS 5	<b>Foam Cake</b> – Original recipe (no mixes) at least ¾ of the cake. Foam cakes are cakes that have a high ratio of eggs to flour and fall into three categories: angel food cakes or meringues; sponge or jelly roll cakes; and chiffon cakes. Cakes may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).				
CLASS 6	<b>Specialty Pastry</b> (any recipe) - Pie tarts, puff pastry, phyllo dough, scones, biscotti, choux, croissants, Danish, strudels. Phyllo dough may be pre-made or from scratch. Pastries made with cream or egg-based fillings will be disqualified. Four on a paper plate or at least ¾ of baked product. May be baked in a disposable pan.				
CLASS 901	<b>Extra Double Crust Fruit Pie</b> – Follow the same criteria as Class 1.				
CLASS 902	<b>Extra Family Food Tradition or Ethnic Food Exhibit</b> – Follow the same criteria as Class 2 or 3.				
CLASS 903	<b>Extra Candy</b> – Follow the same criteria as Class 4.				
CLASS 904	<b>Extra Foam Cake</b> – Follow the same criteria as Class 5.				
CLASS 905	<b>Extra Specialty Pastry</b> – Follow the same criteria as Class 6.				
CLASS 906	<b>Cooking 401 Food Flop</b> - Exhibit one food item illustrating a preparation problem. Flop may be the result of an intentional or accidental mistake. On a sheet of 8 ½" x 11" paper explain the preparation problem(s) experienced and how it could be overcome. The written explanation will be the basis for judging the exhibit.				

**FOOD PRESERVATION RULES**

1. **GENERAL RULES** – See GENERAL RULES – FOOD EXHIBITS

2. **CURRENT PROJECT** – All canning must be the result of this year's 4-H project since September 1 of the previous calendar year.

3. **PROCESSING METHODS** –

- Current USDA processing methods and altitude adjustments must be followed for all food preservation.
- Jam, preserves and marmalades, fruit, tomatoes, and pickled products **MUST** be processed in a boiling water bath.
- Tomatoes may be processed in a pressure canner.
- All non-acid vegetables and meats must be processed in a pressure canner.

- Spoiled or open container disqualifies entry.
- 4. UNIFORMITY –**
- Jars and type of lid should be the same size, all small or large, not necessarily the same brand.
  - Half pint jars may be used for jellies and preserves.
  - The jars are not to be decorated by the exhibitor in any way.
  - Canning jars must be used – others will be disqualified.
  - No ¼ pint jars allowed.
  - Leave jar rings on for fair display, it helps protect the seal.
  - NO zinc lids.
  - Improperly canned or potentially hazardous food items will be disqualified.
- 5. RECIPE/LABELING –** All food preservation entries must include recipe and source of recipe. Commercially prepared mixes are not allowed. **All canned food must include the following information on the label of the item** (write plainly on a label and paste or tape securely on the bottom of the jar, specialized sticky labels not required):
- Type of food
  - Method of preservation (pressure canner or water bath canner)
  - Type of pack (raw pack or hot pack)
  - Altitude (and altitude adjustment if needed)
  - Processing time
  - Number of pounds of pressure (if pressure canner used)
  - Date processed
  - Source of recipe and/or method of preservation (If a publication, include name and date)
  - RECIPE CAN COME FROM ANY SOURCE BUT CURRENT USDA GUIDELINES FOR FOOD PRESERVATION METHODS MUST BE USED. See <http://food.unl.edu/food-safety-preservation> for current USDA guidelines.
- All dried foods must include the following information on the label of the item** (write plainly on label and paste or tape securely to back of a self-sealing bag. Multiple dried food exhibits should be secured by a rubber band or “twisty” to keep exhibit containing the three self-sealing bags together.):
- Recipe and recipe source
  - Method of pretreatment
  - Drying method and drying time
- 6. CRITERIA FOR JUDGING –** Incomplete exhibits will be lowered one ribbon. Canned food items not processed according to altitude in the county will be lowered one ribbon placing.

DEPARTMENT E	DIVISION 407			FOOD PRESERVATION
PREMIUM	Purple \$2.50	Blue \$2.00	Red \$1.50	White \$1.00
<b>CLASS 1</b>	<b>Baked Item Made with Frozen Produce</b> (any recipe) – Exhibit must include at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Recipe MUST include a food item preserved by the freezing method done by the 4-H'er. Ex. Peach pie, blueberry muffins, zucchini bread, etc.). Supporting information must include both the recipe for the produce that was frozen as part of this project AND the baked food item.			
<b>CLASS 2</b>	<b>Dried Fruit</b> - Exhibit 3 different examples of dried fruit. Place each dried fruit (6 – 10 pieces of fruit, minimum ¼ cup) in a separate self-sealing bag. Use a rubber band or twist tie to keep exhibit together.			
<b>CLASS 3</b>	<b>Fruit Leather</b> - Exhibit 3 different examples of fruit leathers. Place a 3" – 4" sample of each leather in a separate self-sealing bag. Use a rubber band or twist tie to keep exhibit together.			
<b>CLASS 4</b>	<b>Vegetable Leather</b> - Exhibit 3 different examples of vegetable or vegetable/fruit leather combo. Place a 3" – 4" sample of each leather in a separate self-sealing bag. Use a rubber band or twist tie to keep exhibit together.			
<b>CLASS 5</b>	<b>Dried Vegetables</b> - Exhibit 3 different examples of dried vegetables. Place each dried vegetable (minimum ¼ cup) in a separate self-sealing bag. Use a rubber band or twist tie to keep exhibit together.			
<b>CLASS 6</b>	<b>Dried Herbs</b> - Exhibit 3 different examples of dried herbs. Place each dried herb (¼ cup of each) in a separate self-sealing bag. Use a rubber band or twist tie to keep exhibit together.			
<b>CLASS 7</b>	<b>Baked Item Made with Dried Produce/Herbs</b> (any recipe) – Exhibit must include at least 3/4 of baked product or 4 muffins or cookies on a paper plate. May be baked in a disposable pan. Recipe MUST include a dried produce/herb item made by the 4-H'er. Ex. Granola bar made with dried fruits, dried cranberry cookies, Italian herb bread, lemon thyme cookies. Supporting information must include both the recipe for the dried produce/herb AND the baked food item.			
<b>CLASS 8</b>	<b>1 Jar Fruit Exhibit</b> - One jar of canned fruit (tomatoes may be included).			
<b>CLASS 9</b>	<b>3 Jar Fruit Exhibit</b> - Three jars of different canned fruits (tomatoes may be included). May be three different techniques for the same type of product (i.e. applesauce, canned apples, apple pie filling, etc.).			
<b>CLASS 10</b>	<b>1 Jar Tomato Exhibit</b> - One jar of tomato product.			
<b>CLASS 11</b>	<b>3 Jar Tomato Exhibit</b> - Three jars of different canned tomato products (i.e. salsa, sauces without meats, juice, stewed, etc.).			
<b>CLASS 12</b>	<b>1 Jar Pickled Exhibit</b> - One jar of a pickled and/or fermented product. Must be processed in a boiling water bath. Open kettle canning in not acceptable.			
<b>CLASS 13</b>	<b>3 Jar Pickled Exhibit</b> - Three jars of different kinds of pickled and/or fermented product. Must be processed in a boiling water bath. Open kettle canning in not acceptable.			
<b>CLASS 14</b>	<b>1 Jar Jelled Exhibit</b> - One jar of a jam, jelly, or marmalade.			
<b>CLASS 15</b>	<b>3 Jar Jelled Exhibit</b> - Three different kinds of jelled products. Entry may be made up of either pints of half pints (but all jars need to be the same size). Entry must be processed in a boiling water bath according to current USDA recommendations.			
<b>CLASS 16</b>	<b>1 Jar Vegetable or Meat Exhibit</b> - One jar of canned vegetable or meat. Include only vegetables canned in a pressure canner.			
<b>CLASS 17</b>	<b>3 Jar Vegetable</b> - Three jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner.			
<b>CLASS 18</b>	<b>3 Jar Meat Exhibit</b> – Three jars of different kinds of canned meats. Include only meats canned in a pressure canner.			
<b>CLASS 19</b>	<b>Quick Dinner</b> - Exhibit a minimum of three jars and a maximum of five jars (all the same size) plus menu. Meal should include three canned foods that can be prepared within one hour. List complete menu on a 3" x 5" card and attach to one of the jars.			
<b>CLASS 901</b>	<b>Other Food Preservation Exhibit</b> – May be dried or canned			
<b>CLASS 902</b>	<b>Other Food Preservation Exhibit</b> – May be dried or canned			
<b>CLASS 903</b>	<b>Food Gift</b> - Prepare and package a food gift (for human consumption) creatively. The food item must be made by the 4-H member. Examples: Cookies in a decorative tin, canned goods in a jar with counted cross stitch lid, etc.			

## CREATIVE FOODS ARTISTRY RULES

1. **GENERAL RULES** – See GENERAL RULES – FOOD EXHIBITS
2. **ELIGIBILITY** – Any 4-H member enrolled in a foods project may exhibit in this area
3. **CAKE TYPES** – Cakes may be flat, cut up, or layer types. Decorated cakes and decorated gingerbread houses are considered as two different types of entries.
4. **SUPPORTING INFORMATION** – Supporting information should include years in project, size of tips used on item, why the design was chosen, and how this cake or decorated item could be used for a special event or occasion.
5. **CRITERIA FOR JUDGING** – The item is not tasted; judging is based on skill in decorating the item and the creativity used for the design.
6. **DECORATING GUIDELINES** – All decorations must be constructed by the exhibitor (purchased pre-made icing decorations are not allowed). All decorations must be edible (with the exclusion of plastic/wooden rods and pins used for support).

DEPARTMENT E PREMIUM	DIVISION 414			CAKE DECORATING
	Purple \$2.50	Blue \$2.00	Red \$1.50	White \$1.00
	<b>BEGINNING CAKE DECORATING</b> (1 - 2 years in project)			
CLASS 901	<b>Graham Cracker Gingerbread House</b> - First year exhibitors ONLY. Must be made of graham crackers with edible items. Base shall not exceed 12"			
CLASS 902	<b>Decorated Gingerbread House</b> - Must be made of gingerbread with edible items and parts. Base shall not exceed 12"			
CLASS 903	<b>Decorated Cake</b> (without the use of tips) - Show creativity by using cookies, candies, chocolate chips, etc. to decorate cake for specific party or theme.			
CLASS 904	<b>Decorate Cake</b> (with the use of tips) - Cake decorated with two different style decorating tips, any size.			
CLASS 905	<b>Decorated Cake</b> (with the use of fondant) – Cake decorated primarily with the use of fondant.			
CLASS 906	<b>Decorated Cookies</b> - Plate of 4 cookies. Cookies may be homemade or purchased by 4-H member			
CLASS 907	<b>Decorated Cupcakes</b> - Plate of 4 cupcakes. Cupcakes may be homemade or purchased by 4-H member			
CLASS 908	<b>Decorated Cupcakes</b> (with the use of fondant) – Plate of 4 cupcakes decorated primarily with the use of fondant. Cupcakes may be homemade or purchased by the 4-H member.			
	<b>ADVANCED CAKE DECORATING</b> (3 or more years in project)			
CLASS 909	<b>Decorated Gingerbread House</b> - Must be made of gingerbread with edible items and parts. Base shall not exceed 12"			
CLASS 910	<b>Decorated Cake</b> (without the use of tips) - Show creativity by using cookies, candies, chocolate chips, etc. to decorate cake for specific party or theme.			
CLASS 911	<b>Decorate Cake</b> (with the use of tips) - Cake decorated with two different style decorating tips, any size.			
CLASS 912	<b>Decorated Cake</b> (with the use of fondant) – Cake decorated primarily with the use of fondant.			
CLASS 913	<b>Decorated Cookies</b> - Plate of 4 cookies. Cookies may be homemade or purchased by 4-H member.			
CLASS 914	<b>Decorated Cupcakes</b> - Plate of 4 cupcakes. Cupcakes may be homemade or purchased by 4-H member.			
CLASS 915	<b>Decorated Cupcakes</b> (with the use of fondant) – Plate of 4 cupcakes decorated primarily with the use of fondant. Cupcakes may be homemade or purchased by the 4-H member.			

## CANDY RULES

1. **GENERAL RULES** – See GENERAL RULES – FOOD EXHIBITS
2. **ELIGIBILITY** – Any 4-H member enrolled in a foods project may exhibit in this area
3. **DISPLAY** – 4 pieces on a paper plate in a plastic bag.
4. **MIXES** – No commercial mixes allowed.

DEPARTMENT E PREMIUM	DIVISION 414			CANDY
	Purple \$2.50	Blue \$2.00	Red \$1.50	White \$1.00
CLASS 920	<b>Fudge, any kind</b> (made from scratch)			
CLASS 930	<b>Brittle, any nut</b> (ex. peanut, almond, etc.)			
CLASS 940	<b>Miscellaneous Candy</b>			
CLASS 950	<b>Miscellaneous Candy</b>			

## **SAFETY & PHYSICAL FITNESS**

### **GENERAL RULES – SAFETY & PHYSICAL FITNESS**

1. **GENERAL RULES** – See GENERAL RULES
2. **ENTRY LIMITS** – 4-H members may only enter ONE EXHIBIT per class in ALL projects.
3. **CRITERIA FOR JUDGING** –
  - Exhibits will be judged according to score sheets available in the Extension Office.
  - Carefully follow entry instructions and include all required materials. Incomplete exhibits will be lowered one ribbon placing.
4. **TOP EXHIBITS** - A top exhibit will be selected from those exhibits receiving purple ribbons in the Safety Area (Safety and Fire Safety projects) and Physical Fitness Area (Bicycling, Lifetime Sports, and YOUth in Motion projects)
5. **MANUALS** – Printed materials are available from the Johnson County Extension Office for all currently enrolled 4-H members in Johnson County.

DEPARTMENT E PREMIUM	DIVISION 440			SAFETY
	Purple \$2.50	Blue \$2.00	Red \$1.50	White \$1.00
CLASS 1	<b>First Aid Kit</b> – A first aid kit is a good way to organize supplies in an emergency. The kit should be assembled in a container appropriate for the kit's intended use. A description of where the kit will be stored and examples of specific emergencies for that situation should be included in the exhibit. The kit should include a written inventory and purpose statement for included items. Items should cover the following areas: airway and breathing, bleeding control, burn treatment, infectious disease protection, fracture care, and misc. supplies. Use the <i>Citizen Safety</i> manual (4-H 425, pg. 6-7) as a reference. Any kit containing any of the following will be automatically disqualified: <ul style="list-style-type: none"><li>• Prescription medications (if the purpose of the kit is to provide medication for someone with special need, explain in written description and inventory, but remove the medication)</li><li>• Articles or items with expiration dates on or before the judging date. (This includes sterile items, non-prescription medications, ointments, salves, etc. Articles dated month and year only are considered expired on the last day of that month.)</li><li>• Any controlled substance</li></ul>			
CLASS 2	<b>Disaster Kit</b> (Emergency Preparedness) – Disaster kits must contain the materials to prepare a person or family for emergency conditions caused by a natural or man-made incident. Selection of materials is left to the exhibitor. Family or group kits must have enough material or items for each person. A description of the kit's purpose and a list of individual contents is required. Youth are encouraged to test their kit by challenging their family to try to survive using only the included materials for the designated time. If			