

DEPARTMENT H - FAMILY AND CONSUMER SCIENCE

Superintendent

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4-H Foods

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4-H Foods

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DIVISION 33 4 - H CHILD DEVELOPMENT

Rules:

1. All exhibits should attach skills summary questions or may be penalized at judge's discretion.
2. Only 4-H members enrolled in the 4-H Child Development project during the present year may compete in this class.

Class: Juniors (8 - 10 years old)

1. First or second year in project
2. Three years in project

Class: Intermediates (11 - 13 years old)

3. First or second year in project
4. Three years or more in project

Class: Seniors (14 - 19 years old)

5. First or second year in project
6. Three years or more in project

DIVISION 34 4 - H FABRIC and FASHION (Formerly known as P.A.C.T.)

RULES:

1. All exhibits should attach skill summary questions or may be penalized at the judge's discretion.
2. Each exhibit must be labeled with the correct county identification entry tag.
3. Members may enter multiple entries as long as every item is different in techniques or pattern.
4. Exhibit must be exclusive work of the 4-H member and a product of the current year.
5. Posters and board displays should have all necessary materials included to be displayed by being hung.
6. Buymanship project(s) require the same set of forms as Ready-to-Wear.

Class: Juniors (8 - 10 years old)

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Class: Intermediates (11 - 13 years old)

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4. Three years or more in project

Class: Seniors (14 - 19 years old)

5. First or second year in project
6. Three years or more in project

DIVISION 36 4 - H FOOD and NUTRITION

RULES:

1. All exhibits are required to attach skills summary questions or may be penalized at judge's discretion.
2. More than one entry may be entered per class, as long as entries display different techniques. For example a 4-H member could enter a sponge cake, coffee cake, and an angel food cake.
3. When single items are exhibited (rolls, cookies, biscuits, etc.) enter 3 items for each class.
4. When whole item are exhibited (cakes, loaves, etc.) enter one-fourth of the item. ALL BREADS: Take an end-cut of a loaf, cut top crust to bottom crust. BREAD MACHINE BREAD - mixes are not allowed.
5. Exhibit food on six inch or smaller plastic coated plate or Styrofoam plate when possible.
6. Recipes are required on ALL items. Recipes will NOT be returned and become the property of 4-H. Recipes must include the member's name, age and county they are representing.
7. Only enter foods that can be safely stored at room temperature. Foods entered must be suitable for freezing prior to state Fair. Foods determined to be unsafe at room temperature will be disqualified, with the decision of the judge being final. Do not enter pie, casseroles, or items with cream cheese frosting, etc.

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Class: Seniors (14 - 19 years old)

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exhibited in one-half (1/2) cup regulation jars. For instructions, check with your Extension office or the UW CES Nutrition Website: <http://www.uwyo.edu/cesnutrition> click on UW Food & Nutrition Publications.

8. For food safety reasons, meat jerky entries must be prepared using methods recommended by the University of Wyoming Cooperative Extension Service, and the recipe must accompany the product. To obtain the recommended recipes, contact your Extension Office or go to the UWCES Food and Nutrition website at www.uwyo.edu/cesnutrition and click on "UW Food and Nutrition Publications." Ground jerky products will be disqualified because they cannot be processed in the home.
9. More than one item can be entered per class, as long as entries display different skills learned. For example, dried herbs, fruits, and vegetables should be entered as a collection. Like items (i.e. peaches canned in juice and peaches canned in water) should be entered as a collection or the best jar entered. Entries should display the member's best work and skill(s) learned.

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Class: Seniors (14 - 19 years old)

5. First or second year in project
6. Three years or more in project

DIVISION 37 4 - H FOOD PRESERVATION

Rules:

1. 4-H Food Preservation exhibits will be judged from 10:00 p.m. to 5:00 p.m. on Monday, July 20, 2009 at the Fairgrounds.
2. Exhibits will be released between 5:00 and 6:00 p.m. on Sunday, July 26, 2009. YOU are responsible for exhibits left after that time.
3. All exhibits should attach skills summary questions or may be penalized at judge's discretion.
4. Open to members enrolled in Food Preservation or other food project. All exhibits must have attached the 4-H foods preservation label in some fashion (obtain from Extension office).
5. All canned fruits, vegetables, meats, and pickle products must be prepared following the procedures reference below, including appropriate altitude adjustments. Jelly products (jellies, jams, conserves, marmalades, butters) must meet the minimum processing times, including appropriate altitude adjustments. Specific procedures, altitude adjustments and processing times that must be followed can be found in the September 1994 United States Department of Agriculture (USDA) "Complete Guide to Home Canning" (available, UW Cooperative Extension Service or at www.uwyo.edu/cesnutrition/Food_Preserve/USDA_Home_Canning). For high altitude conversions: [ces.uwyo.edu/altitude_adjusters_altitudes_in](http://www.uwyo.edu/altitude_adjusters_altitudes_in). For food safety material: http://uwacadweb.uwyo.edu/cesnutrition/Publications_Main
6. All canned goods should be exhibited without rings. Leave rings on canned goods until arrival at Fair - remove for judging. The preservation label should be secure attached to the jar with the entry form rubber banded to the jar.
7. Canned goods must be exhibited in regulation canning jars (half-pint, pint or quart). All jelly products (jellies, jams, conserves, marmalades, butters) must be processed in a boiling water bath to be judged. Paraffin sealed jars will not be judged. Jelly products can be

DIVISION 70 4 - H CROCHETING

RULES:

1. All exhibits should attach skills summary questions or may be penalized at judge's discretion.
2. Each exhibit may include historical information about the skill exhibited. (Information can be placed on index card and should be one or more paragraphs in length.)
3. Member should report person(s) other than member who was involved in project.

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2. Three years in project

Class: Intermediates (11 - 13 years old)

3. First or second year in project
4. Three years or more in project

Class: Seniors (14 - 19 years old)

5. First or second year in project
6. Three years or more in project

DIVISION 71 4 - H KNITTING

RULES:

1. All exhibits should attach skills summary questions, or it may be penalized at judge's discretion.
2. Each exhibit may include historical information about the skill exhibited. (Information can be placed on index card and should be one or more paragraphs in length.)
3. Member should report person(s) other than member who was involved in project.

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1. First or second year in project
2. Three years in project

Class: Intermediates (11 - 13 years old)

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4. Three years or more in project

Class: Seniors (14 - 19 years old)

5. First or second year in project
6. Three years or more in project

DIVISION 72 4 - H QUILTING

RULES:

1. All exhibits should attach skills summary questions, or it may be penalized at judge's discretion.
2. Each exhibit may include historical information about the skill exhibited. (Information can be placed on index card and should be one or more paragraphs in length.)
3. Member should report person(s) other than member who was involved in project.
4. All quilts must include statement of work done by 4-H member(s) and work completed by others.

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Class: Seniors (14 - 19 years old)

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DIVISION 73 4 - H INTERIOR DESIGN

1. All exhibits should attach skills summary questions, or it may be penalized at judge's discretion.
2. Each article should have a securely attached entry tag and skills summary statements. Any additional information (type of material, finishes, etc.) is helpful.
3. More than 1 item may be entered.

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Class: Seniors (14 - 19 years old)

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