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## DEPARTMENT E - HEALTHY LIFESTYLES

### DRESS CODE -

**Please follow the dress code for your county as noted in the “General Rules and Regulations” section of this fair book.**

### ENTRIES PER EXHIBITOR -

**County Entries** - No limit to number of exhibit per class unless otherwise noted in class description.

**State Fair** - State Fair has limits to entries per exhibitor and could be different in each division (please refer to the Nebraska State Fair Book).

**IMPORTANT** – There is **NOT** a **County Only Section** in the Fair book. There will either be a **CF** or **SF** in front of every **Class Number**.

- **CF**: means that exhibit is **ONLY** eligible to be exhibited at the **County Fair**.
- **SF**: means that exhibit if **CHOSEN** at County Fair is eligible to advance to **State Fair**.

## DEPARTMENT E – FOODS, NUTRITION, AND FOOD PRESERVATION

The purpose of Food & Nutrition exhibits is to encourage the knowledge about healthy eating and safe cooking practices. This category has multiple projects that allow 4-H'ers to progress over numerous years. In addition, 4-H'ers will learn different types of cooking methods to improve their knowledge of cuisine. For more resources and materials in this category refer to the resource section at the bottom of the page.

Baked products entered in county fair cannot be entered at State Fair. Products should be baked the day before entry day.

### Rules

**1. Supporting Information** – Each exhibit **must** include the recipe. Recipe may be handwritten, photocopied or typed. Place the food on the **appropriate size plate**. Put exhibit in a **self-sealing bag**. Attach **entry tag and recipe at the corner of the bag**. **For Non-Food Entries** - attach the entry tag to the upper right hand corner of the entry. Additional information including recipes and supplemental information should be identified with exhibitor's name and county.

**2. Criteria for Judging** - Exhibits will be judged according to score sheets available at the Extension Office or at <http://4h.unl.edu/state-fair>. Make sure to follow all entry instructions required for your exhibit. Incomplete exhibits will be lowered a ribbon placing. Commercially prepared mixes are allowed **ONLY** in Cooking 201 Creative Mixes Class. Prepared baking mixes, biscuit mixes, or other pre-made mixes entered in other categories will be lowered a ribbon placing.

The 4-H Foods Judging Guide available on-line at <http://4h.unl.edu/documents/2012%20Foods%20Judging%20Guide%20Edition.pdf>.

**3. Food Projects:** Exhibits should be entered in a disposable pan or plate and covered by a plastic self-sealing bag. The Fair Board is not responsible for non-disposable containers, lost bread boards, china or glassware. Plates and bags will not be provided.

**4. Ingredients:** Any ingredients that the 4-H'er uses must be able to be purchased by the 4-H'er. Ingredients such as beer, whiskey, rum, etc. may NOT be used in any recipe file or food exhibit. Exhibits that include alcohol in the recipe will be disqualified.

**5. Food Safety:** Exhibits are on display for several days. Please think FOOD SAFETY! Items that require refrigeration will not be accepted, judged or displayed as exhibits must be safe to eat when they are entered, whether tasted or not. Glazes, frostings and other sugar based toppings are considered safe due to their high sugar content. Egg glazes on yeast breads and pie crusts BEFORE baking are acceptable. Eggs incorporated into baked goods and crusts are considered safe. The following food ingredients are considered unsafe for fair exhibits and will be disqualified:

- Egg or cream fillings and cream cheese frostings
- Any meat item including meat jerky, imitation meat bits (bacon bits, pepperoni, etc.)
- Melted cheese on top of food exhibit (cheese mixed into baked goods is considered safe and will be accepted)
- Uncooked fruit toppings (i.e., fresh fruit tart)

6. One item of each food exhibit (except the food preservation exhibits and the cake decorating exhibits) will be left on a plate with ribbon placing and information attached. The balance of the food exhibit will be put on a Bake Sale Table. The items will not be priced but a donation will be asked with the proceeds to go to the 4-H Council.

## **Eligibility**

All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair.

## **Quota**

**County Entries** -No limit to number of exhibits per class unless otherwise noted in class description.

**State Fair** - State Fair has limits to entries per exhibitor and could be different in each division (please refer to the Nebraska State Fair Book).

## **Scoresheets, Forms, and Contest Study Materials**

Scoresheets, forms, contest study materials, and additional resources can be found at <https://go.unl.edu/ne4hfood-nutrition>.

## **State Fair Special Award**

Premier 4-H Science Award - Premier 4-H Science Award is available in this area. Visit here for more details <https://4h.unl.edu/fairbook/premier-science-award>

## **Resources**

To find the youth and leader resources associated with this project area go to <https://4hcurriculum.unl.edu/>. Use the search box to search by curriculum area.

## **DIVISION 350 – GENERAL FOODS AND NUTRITION CLASSES**

**All Food and Nutrition Projects, Food Preservation (including some Youth in Motion). See Division 300 Youth in Motion for County Only Classes**

**SF-E350001 - Food Science Exploration** – (SF152) - Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation 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, or a written report in portfolio or notebook. Consider neatness and creativity.

**SF-E350002 - Food and Nutrition Poster, Scrapbook, or Photo Display –** (SF122) - Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation project. The project should involve 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 note pages, if needed, and displayed in binder, an exhibit display, or a written report in portfolio or notebook. Consider neatness and creativity.

**SF-E350003 - Physical Activity and Health Poster, Scrapbook, or Photo Display –** (SF122) - Open to any 4-H'er enrolled in a Foods & Nutrition or Food Preservation project. The project should involve 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, or a written report in portfolio or notebook. Consider neatness and creativity.

**SF-E350004 – Cooking Basics Recipe File –** (SF251)- 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.

**CF-E350900 – General Foods – Other –** Exhibit needs to relate to project area. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISION 400 - CAKE DECORATING**

### **DIVISION 400 - BEGINNING CAKE DECORATING CLASSES**

County Exhibits Only

Beginning Cake Decorating - Using the Wyoming "*4-H Cake Decorating*" Manual (4 levels in the one manual)

**CF-E400900 – Beginning Set of 4 Different Buttercream Techniques Piped in Color** - Such As Borders, Leaves, Writing, Star, Etc. Learned in The Beginning project piped on an 8" x 10" covered cardboard. Allow 1 inch space around outside for handling.

**CF-E400901 - Beginning Colorflow** - Exhibit a colorflow that contains no more than 2 colors on a 9 x 9 inch square covered cardboard leaving at least 1 inch border for handling.

**CF-E400902 - Beginning One Layer Cake** with techniques learned in the beginning project. The cake should be removed from the pan before it is decorated. The cake **MUST** be decorated with frosting only. No artificial decoration (plastic, candles, etc.) may be used. Cakes will be judged on neatness and techniques. Place cake on a foil covered cardboard. Allow cake board to extend 2 full inches larger than the cake. **DO NOT** cover cake.

**CF-E400903 - Beginning Plate of 4 Homemade Cupcakes and/or Plate of 4 Homemade Cookies** - all decorated identical using beginning skills and techniques. No purchased/artificial decorations allowed.

**CF-E400904 - Beginning Three Page Folder** containing descriptions of 3 cakes, cookies and/or cupcakes that you have decorated during the current project year. Include a sketch or picture. One description and sketch per page.

**CF-E400905 - Beginning Cake Decorating - Other** - Exhibit needs to relate to project area. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISION 400 - ADVANCED CAKE DECORATING CLASSES**

Advanced Cake Decorating - Using the Wyoming "4-H Cake Decorating" Manual (4 levels in the one manual). DECORATED CAKE CAN BE STROFOAM.

**CF-E400906 - Advanced Set of 4 Different Buttercream Techniques Piped in Color** - using advanced skills and techniques piped on an 8" x 10" covered cardboard. Allow 1 inch space around outside for handling.

**CF-E400907 - Advanced Plate of 4 Homemade Cupcakes and/or Plate of 4 Homemade Cookies** - all decorated identical using advanced skills and techniques. No purchased decorations allowed.

**CF-E400908 - Advanced Decorated Cake Using Different Skills and Techniques** -using advanced skills and techniques.

**CF-E400909 - Advanced Decorated Cut-Up Cake** - using advanced skills and techniques.

**CF-E400910 - Advanced Cake or Exhibit Using Solid Sugar Molds** - using advanced skills and techniques.

**CF-E400911 - Advanced Cake Baked in Shaped Cake Pan** - using advanced skills and techniques.

**CF-E400912 - Advanced Decorated Stacked and/or Tiered Cake** - using advanced skills and techniques.

**CF-E415913 - Advanced Five Page Folder** - containing descriptions of 5 cakes, cupcakes and/or cookies that you have decorated during the current project year. Include a sketch or picture. One description and sketch per page.

**CF-E413914 - Advanced Confections** - homemade candies, caramels, etc. - 4 on a plate. Remember food safety - no raw egg or cream cheese recipes.

**CF-E400915 - Advanced Cake Decorating - Other** - Exhibit needs to relate to project area. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISION 300 – YOUTH IN MOTION/HEALTH CLASSES**

**CF-E300900 - YOUTH in Motion Activity Bag** – (SF258) - A duffle bag or backpack that the 4-H'er packs so that they are always prepared to be active and make healthy food choices. May include proper workout attire, a healthy beverage or snack, a notebook or goal sheet, etc. Make sure all items are clean, clearly labeled and explain why they are included in the Activity Bag. **DO NOT** put valuable items (i.e. electronics) in Activity Bag, instead use a picture of the item or include in the listing of items.

**CF-E300901 - YOUTH in Motion Healthy Lifestyle Interview** – (SF130) - Interview someone in your life that you admire that is physically active or has a healthy lifestyle. Why do they enjoy their exercise program or lifestyle choices? What are their goals? Why do you admire them? Maximum of two pages, one sided write up of an interview with someone who has an active exercise program or has a healthy lifestyle. Consider creativity and neatness. Mount on a 9" X 12" colored paper or poster board, or display in a binder. Include a picture of the person interviewed. (May be laminated to preserve exhibit.) Overall size of mounted exhibit should be no larger than 9 X 12 inches.

**CF-E300902 - YOUTH in Motion Healthy Snack** – (SF125) - See ideas for non-perishable snacks on page 36. Four cookies, bars, muffins, etc., on a paper plate, or at least 1 cup of mix (examples might include: granola bars, homemade crackers or chips). Supporting information to include recipe and why this snack might be considered a healthy snack.

**CF-E300903 - Health Poster, Notebook, or Scrapbook** - (SF122) - Include, using any means you wish, information about any topic. Examples: nutrition, physical fitness, sports injuries, physical development, weight control or eating disorders, dating, peer pressure, choosing not to smoke and/or use alcohol, skin safety, cancer, abuse, disabilities, friendships, families, decision making, problem solving, understanding advertising, behavior, TV violence, self-worth, beliefs, cultural differences, stress, study habits, time management, goal setting, careers, seat belts, home fire safety, first aid, etc.

**CF-E300904 - Healthy Lifetime Sports** - (SF122) - Exhibit may be a poster or foam core board or wood (not to exceed 22" x 30"), a notebook or a small display of an educational nature. Examples include (but not limited to): **Bicycle** - maintenance record of your bicycle; traffic law; road rules; safety (helmet selection, reflective clothing, etc.); appropriate handling skills; bike parts; journaling; your goals and learnings for the year and your plans for next year. **Bicycle Demonstration Display** - Exhibit may include 1) parts or system of a bicycle, 2) worn or broken parts or 3) a step by step procedure of how some repair or service job is performed. A limited number of photographs are acceptable. Actual parts or cut-away of parts are recommended. **Golf, Tennis or Bowling** - equipment and supplies needed, diagram of a skill or term; your goals and learnings for the year; scoring; terms; safety; record of practice and scores of games played to show progress.

**CF-E300905 - YOUTH in Motion/Health - Other** - Exhibit needs to relate to project area. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISION 401 – COOKING 101 CLASSES**

**CF-E401901 - Cookies** – (SF118) - Any recipe, 4 on a paper plate.

**CF-E401902 - Muffins** – (SF127) - Any recipe, 4 on a paper plate.

**CF-E401903 - No Bake Cookies** – (SF121) - Any recipe, 4 on a paper plate.

**CF-E401904 - Bars** – (SF117, SF118, or SF120) - Any recipe made in pan and cut into bars or squares for serving, 4 on a paper plate. Examples: Granola Bars, Brownies, Cereal Bars, etc.

**CF-E401905 - Snack Mix** – (SF116) - Any recipe, at least 1 cup in self-sealing plastic bag.

**CF-E401906 - Cooking 101 - Other** - Exhibit needs to relate to project area. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISION 410 – COOKING 201 CLASSES**

**SF-E410001 - Loaf Quick Bread** - (SF123) - Any recipe, at least  $\frac{3}{4}$  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 8½" x 4½" or 9" x 5". If mini-loaf pans are used for exhibit, two loaves must be presented for judging.

**SF-E410002 - Creative Mixes** - (SF142) - Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate or 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. Examples include poppy seed quick bread from a cake mix, cake mix cookies, sweet rolls made from readymade bread dough, monkey breads from biscuit dough, streusel coffee cake from a cake mix, 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 better or easier to use a convenience product or mix? Why or why not?

**SF-E410003 - Biscuits or Scones** - (SF136) - Four biscuits or scones on a small paper plate. This may be any type of biscuit or scone: rolled, or dropped. Any recipe may be used, but it must be a non-yeast product baked from scratch.

**SF-E410004 - Healthy Baked Product** - (SF124) - Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate or 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.).

**SF-E410005 - Coffee Cake** - (SF129) - Any recipe or shape, non-yeast product - at least  $\frac{3}{4}$  of baked product on a paper plate or in a disposable pan. Include menu for a complete meal where this recipe is served, following meal planning guidelines suggested in Cooking 201.

**SF-E410006 - Baking with Whole Grains** - (SF134) - Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Recipe must contain whole grains as part of the ingredients. (Ex. whole wheat applesauce bread, peanut butter oatmeal cookies, etc.)

**SF-E410007 - Non-Traditional Baked Product** - (SF133) - 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  $\frac{3}{4}$  baked product, or 4 muffins/cookies on a paper plate or in a disposable pan. Entry must include supporting information that discusses alternative preparation method and how it compares with traditional method.

**CF-E410900 - Cooking 201 - Other** - Exhibit needs to relate to project area. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISION 411 – COOKING 301 CLASSES**

### **Exhibit Rules**

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

**SF-E411001 - White Bread** - (SF138) - Any yeast recipe, at least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.

**SF-E411002 - Whole Wheat or Mixed Grain Bread** - (SF138) - Any yeast recipe, at least  $\frac{3}{4}$  of a standard loaf displayed on a paper plate.

**SF-E411003 - Specialty Rolls** - (SF138) - Any yeast recipe, 4 rolls on a paper plate. May be sweet rolls, English muffins, kolaches, bagels, or any other similar recipe that makes individual portions.

**SF-E411004 - Dinner Rolls** - (SF138) - Any yeast recipe, 4 rolls on a paper plate. May be cloverleaf, crescent, knot, bun, bread sticks, or any other type of dinner roll.

**SF-E411005 - Specialty Bread** - (SF141) - Any yeast recipe, includes tea rings, braids, or any other full-sized specialty bread products. Must exhibit at least  $\frac{3}{4}$  of a full sized baked product.

**SF-E411006 - Shortened Cake** - (SF137) - NOT FROM A CAKE MIX! At least  $\frac{3}{4}$  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).

**CF-E411900 - Cooking 301 - Other** - Exhibit needs to relate to project area. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISION 412 – COOKING 401 CLASSES**

### **Exhibit Rules**

1. Any bread item prepared or baked using a bread machine should be entered under the Cooking 201. All exhibits made in the Cooking 301 or Cooking 401 projects must have been prepared without the assistance of a bread machine for mixing, raising, or baking of the food item.

**SF-E412001 - Double Crust Fruit Pie** - (SF144) - Made with homemade fruit filling. No egg pastries or cream fillings. No canned fillings or premade pie crusts. May be a double crust, crumb, cut-out or lattice topping. Using an 8-or 9-inch disposable pie pan is recommended.

**SF-E412002 - Family Food Traditions** - (SF145) - Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Any baked item associated with family tradition and heritage. Entry must include (A) recipe, (B) tradition or heritage associated with preparing, serving the food, (C) where or who the traditional recipe came from.

**SF-E412003 - Ethnic Food Exhibit** - (SF146) - Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate. May be 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.

**SF-E412004 - Candy** - (SF147) - Any recipe, 4 pieces of candy on a paper plate or  $\frac{1}{2}$  cup. No items containing cream cheese will be accepted (Example: 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.

**SF-E412005 - Foam Cake** - (SF138) original recipe (no mixes) of at least  $\frac{3}{4}$  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. Cake may be frosted with a non-perishable frosting (no cream cheese or egg white based frostings allowed).

**SF-E412006 - Specialty Pastry** - (SF143) - Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate or in a disposable pan. Baked items such as pie tarts, puff pastry, phyllo doughs, 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.

**CF-E412900 - Cooking 401 - Other** - Exhibit needs to relate to project area. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISIONS 406, 407, 408, 414 - FOOD PRESERVATION**

### **Exhibit Rules**

**1. Processing Methods:** Current USDA processing methods and altitude adjustments must be followed for all food preservation. Jams, 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. Improperly canned or potentially hazardous food items will be disqualified. Spoiled or unsealed container disqualifies entry.

Paraffin should not be used to seal canned goods. Open kettle canning (putting hot food in a jar, putting a lid on in and giving it no further processing) is not acceptable for any “canned” product.

Soup mixes and other foods with thickeners (like flour or starch), cream or milk, pasta/noodles, or rice are not permitted.

**2. Uniformity:** Jars do not need to be the same brand. Half pint jars may be used for jellies and preserves. The jars are not to be decorated in any way. Canning jars must be used - others will be disqualified. No one fourth pint jars allowed. Leave jar rings on for fair display, it helps protect the seal. **No zinc lids.**

**3. Current Project:** All canning must be the result of this year's 4-H project.

**4. Criteria For Judging:** Exhibits will be judged according to score sheets available at the Extension Office or at <https://4hfairbook.unl.edu/fairbookview.php/rules>. Incomplete exhibits will be lowered a ribbon class. Canned food items not processed according to altitude in the county will be lowered one class ribbon. Check with the Extension Office for our county's altitude and how that affects food processing times and pounds of pressure.

**5. Labeling:** Jars should be labeled with the name of the food item, name of the 4-H'er, county, and date of processing on the bottom of each jar. Each bag containing dried foods should also be labeled with the name of the food item, the name of the 4-H'er, county and drying date. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep exhibit containing the 3 self-sealing bags together.

**6. Recipe/Supporting Information:** Recipe must be included, may be handwritten, photocopied or typed. Commercially prepared **seasoning** mixes are not allowed. Current USDA guidelines for food preservation methods **MUST** be followed. Suggested sources of recipes include:

- 4-H Food Preservation Manuals (Freezing, Drying, Boiling Water Bath Canning, Pressure Canning)
- USDA Guide to Home Canning  
[https://nchfp.uga.edu/publications/publications\\_usda.html](https://nchfp.uga.edu/publications/publications_usda.html)
- Nebraska Extension's Food Website <https://food.unl.edu/food-safety>: or Extension publications from other states
- Ball Blue Book (published after 2009) or online:  
<https://www.freshpreserving.com/recipes>

**7.** All exhibits must include the 4-H Food Preservation Card attached to the project as the required supporting information or include following information with exhibit:

1. Name of product
2. Date preserved
3. Method of preservation (pressure canner or water bath canner)
4. Type of pack (raw pack or hot pack)
5. Altitude (and altitude adjustment, if needed)
6. Processing time
7. Number of pounds of pressure (if pressure canner used)
8. Drying method and drying time (for dried food exhibits).
9. Recipe and source of recipe (if a publication, include name and date).

A prepared Food Preservation fill-in card (4 per page) is available at: <https://unl.box.com/s/qr0c8fv8vgrdwk1g4ea7d72hv9lzhmhk>. **Download** the form and then you can type into this form on your computer and then print it.



### 4-H Food Preservation Card

(Please attach this card to each item preserved.)

Name: \_\_\_\_\_ County: \_\_\_\_\_

Name of Product: \_\_\_\_\_ Date Preserved: \_\_\_\_\_

**Processing Method (check one):**

\_\_\_\_\_ Boiling Water Canner, indicate type of pack (check one): \_\_\_\_\_raw pack OR \_\_\_hot pack  
Processing time: \_\_\_\_\_ Altitude: \_\_\_\_\_

\_\_\_\_\_ Pressure Canner, indicate type of gauge (check one): \_\_\_weighted gauge OR \_\_\_dial gauge  
Product was canned at \_\_\_\_\_ pounds pressure at \_\_\_\_\_ altitude.  
Processing time: \_\_\_\_\_ packed hot: \_\_\_\_\_ or packed cold: \_\_\_\_\_

\_\_\_\_\_ Dehydration: Dehydrator OR Other, please specify (ie: oven, solar, etc.):  
Approximate drying time: \_\_\_\_\_

Include instructions/recipe for product on back of this card. 4-H'ers must include the source of the recipe/instructions. 4-H'ers must use approved USDA recipes/instructions. Include pre-treatment for dried products.

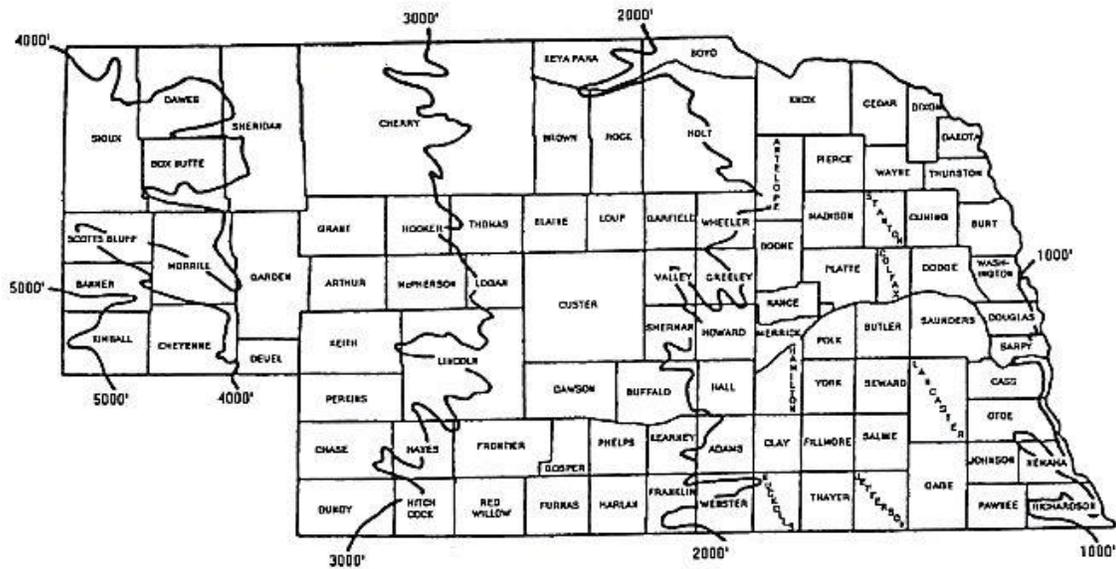
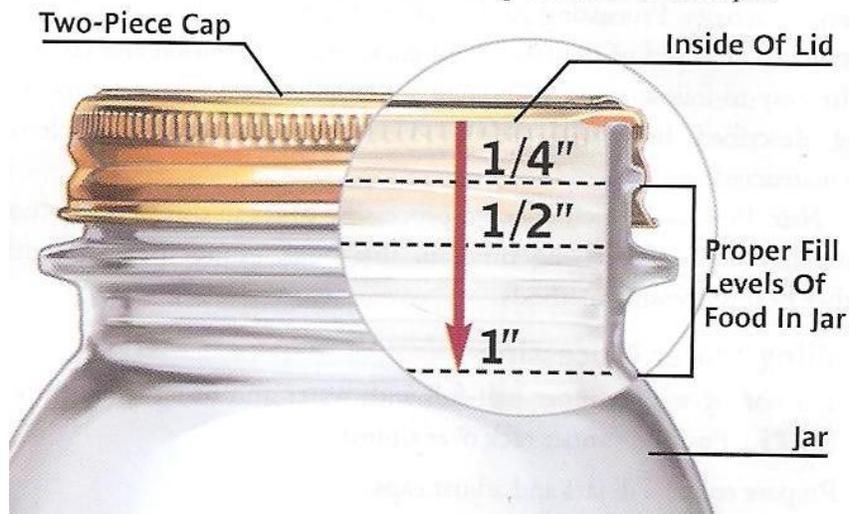


Figure 1. Altitude ranges in Nebraska.

Map was prepared by Les Howard, cartographer, UNL School of Natural Resources

figure 6 | Measuring Headspace (Diagram is not to scale)

Measure Headspace From The Inside Of The Lid To The Top Of The Food Or Liquid.



## **Information on Fruit Spreads**

What is the difference between jam and jelly? Marmalade and preserves? All of these fruit spreads have four basic ingredients: fruit, sugar, acid and pectin. The method of preparing and cooking the ingredients is what makes the difference.

**Jelly** uses strained juice from fresh fruit. The end product has a clear, shimmering appearance. It holds its shape when removed from the jar yet spreads easily.

**Jam** requires crushed or chopped fruit. Jam is cooked until it rounds up in a spoon. Jam should be slightly firm. It will not retain its shape. Jam is less firm than jelly. Thickness results from cooking the excess liquid out. Prepare jam in small batches and cook rapidly.

**Preserves** contain whole fruit or large pieces of fruit suspended in thick syrup. The fruit retains its shape. Use a pan with a wide opening and work in small batches.

**Marmalades** are jellies with pieces of fruit, pulp and peel suspended throughout. When preparing the fruit, leave some of the white pith that is next to the peel. The white pith is high in pectin, which makes the jelly “jel”. Marmalades are cooked rapidly until close to the jelling point.

**Conserves** are jam-like mixtures of two fruits. Prepare them in small batches and cook rapidly after the sugar has dissolved.

**Fruit batters** are smooth, thick spreads created by cooking fruit pulp and sugar slowly to the desired consistency. Spices are often added to complement fruit flavors.

Regardless of the type of fruit spread you prepare, use a test recipe and do not adjust the proportions of ingredients. You may end up with a unique product. And remember, according to the USDA, fruit spreads must be processed in a boiling water bath. The use of paraffin is NOT recommended.

## **DIVISION 406 - UNIT 1 FREEZING CLASSES**

**SF-E406001 - Baked Item Made with Frozen Produce** - (SF155) - Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/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.

**CF-E406900 - Food Preservation - Freezing - Other** - Exhibit needs to relate to project area. Suggested exhibits: educational poster showing different methods of freezing foods, freezer inventory, pros/cons of freezer packaging, your collection of favorite recipes that include your frozen food (s) as an ingredient, etc. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISION 407 - UNIT 2 DRYING CLASSES**

**SF-E407001 - Dried Fruits** - (SF154) - Exhibit 3 different examples of 3 different dried fruits. Place each dried fruit food (6-10 pieces of fruit, minimum  $\frac{1}{4}$  cup) in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

**SF-E407002 - Fruit Leather** - (SF154) - Exhibit 3 different examples of 3 different fruit leathers. Place a 3-4" sample of each fruit together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

**SF-E407003 - Vegetable Leather** - (SF154) - Exhibit 3 different examples of 3 different vegetable or vegetable/fruit leather combo. Place a 3-4" sample of each leather together in separate self-sealing bags. Use a rubber band or "twisty" to keep exhibit together.

**SF-E407004 - Dried Vegetables** - (SF149) - Exhibit 3 different samples of 3 different dried vegetables. Place each food ( $\frac{1}{4}$  cup of each vegetable) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.

**SF-E407005 - Dried Herbs** - (SF149) - Exhibit 3 different samples of 3 different dried herbs. Place each food ( $\frac{1}{4}$  cup of each herb) in a separate self-sealing bag. Use a rubber band or "twisty" to keep exhibit together.

**SF-E407006 - Baked Item Made with Dried Produce/Herbs** - (SF156) - Any recipe, at least  $\frac{3}{4}$  of baked product or 4 muffins/cookies on a paper plate or 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.

**CF-E407900 - Food Preservation - Drying - Other** - Exhibit needs to relate to project area. Suggested exhibits: educational poster showing different methods of drying foods, pretreatment methods, pros/cons of storage containers, your collection of favorite recipes that include your dried food (s) as an ingredient, etc. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISION 408 - UNIT 3 BOILING WATER CANNING CLASSES**

**SF-E408001 - 1 Jar Fruit Exhibit** - (SF150) - Exhibit one jar of a canned fruit. Entry must be processed in the boiling water bath according to current USDA recommendations.

**SF-E408002 - 3 Jar Fruit Exhibit** - (SF150) - Exhibit 3 jars of different canned fruits. May be three different techniques for same type of product, ex. Applesauce, canned apples, apple pie filling, etc. Entry must be processed in the boiling water bath according to current USDA recommendations.

**SF-E408003 - 1 Jar Tomato Exhibit** - (SF150) - Exhibit one jar of a canned tomato product. Entry must be processed in a boiling water bath according to current USDA recommendations.

**SF-E408004 - 3 Jar Tomato Exhibit** - (SF150) - Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a boiling water bath according to current USDA recommendations.

**SF-E408005 - 1 Jar Pickled Exhibit** - (SF150) - One jar of a pickled and/or fermented product. Entry must be processed in the boiling water bath according to current USDA recommendations.

**SF-E408006 - 3 Jar Pickled Exhibit** - (SF150) - Exhibit 3 jars of different kinds of canned pickles and/or fermented products. Entry must be processed in the boiling water bath according to current USDA recommendations.

**SF-E408007 - 1 Jar Jelled Exhibit** - (SF153) - Exhibit one jar of a jam, jelly or marmalade. Entry must be processed in the boiling water bath according to current USDA recommendations.

**SF-E408008 - 3 Jar Jelled Exhibit** - (SF153) - Exhibit 3 different kinds of jelled products. Entry may be made up of either pints or half pints (but all jars must be the same size). Entry must be processed in the boiling water bath according to current USDA recommendations.

**CF-E408900 - Food Preservation - Boiling Water Canning - Other** - Exhibit needs to relate to project area. Suggested exhibits: educational poster showing proper equipment for boiling water canning, explain differences between raw and hot pack; with or without pectin, altitude and adjustments, your collection of favorite recipes that include your preserved food (s) as an ingredient, etc. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISION 414 - UNIT 4 PRESSURE CANNING CLASSES**

**SF-E414001 - 1 Jar Vegetable or Meat Exhibit** - (SF150) - Exhibit one jar of a canned vegetable or meat. Include only vegetables or meats canned in a pressure canner according to current USDA recommendations.

**SF-E414002 - 3 Jar Vegetable Exhibit** - (SF150) - Exhibit 3 jars of different kinds of canned vegetables. Include only vegetables canned in a pressure canner according to current USDA recommendations.

**SF-E414003 - 3 Jar Meat Exhibit** - (SF150) - Exhibit 3 jars of different kinds of canned meats. Include only meats canned in a pressure canner according to current USDA recommendations.

**SF-E414004 - Quick Dinner** - (SF151) - Exhibit a minimum of 3 jars to a maximum of 5 jars plus menu. Meal should include 3 canned foods that can be prepared within an hour. List complete menu on a 3" X 5" file card and attach to

one of the jars. Entry must be processed according to current USDA recommendations.

**SF-E414005 - 1 Jar Tomato Exhibit** - (SF150) - Exhibit one jar of a canned tomato product. Entry must be processed in a pressure canner according to current USDA recommendations.

**SF-E414006 - 3 Jar Tomato Exhibit** - (SF150) - Exhibit 3 jars of different canned tomato products (salsa, sauces without meats, juice, stewed, etc.). Entry must be processed in a pressure canner according to current USDA recommendations.

**CF-E414900 - Food Preservation - Pressure Canning - Other** - Exhibit needs to relate to project area. Suggested exhibits: educational poster showing proper equipment for pressure canning, parts of pressure canner and proper process for using it, explain differences between raw and hot pack; altitude and adjustments, your collection of favorite recipes that include your preserved food (s) as an ingredient, etc. You can add any additional information that you want the judge to know about your exhibit.

## **DEPARTMENT E - SAFETY**

In this category 4-H'ers have the opportunity to create exhibits about all-terrain vehicles, fire, and tractor safety. In addition, participants can also create informational exhibits about basic safety strategies. Through involvement in this category, 4-H'ers will be better educated about personal safety and have the knowledge base to educate others about safety. For more resources and materials in this category refer to the resource section at the bottom of the page.

### **Rules**

For general rules see the [General Rules and Regulations Section of the Fair Book](#)

### **Eligibility**

All static exhibits must have received a purple ribbon at the county fair to advance to the State Fair.

### **Quota**

**County Entries** -No limit to number of exhibits per class unless otherwise noted in class description.

**State Fair** - State Fair has limits to entries per exhibitor and could be different in each division (please refer to the Nebraska State Fair Book).

### **Scoresheets, Forms, and Contest Study Materials**

Scoresheets, forms, contest study materials, and additional resources can be found at <https://go.unl.edu/ne4hsafety>.

### **State Fair Special Awards**

Premier 4-H Science Award - Premier 4-H Science Award is available in this area. Visit here for more details <https://4h.unl.edu/fairbook/premier-science-award>

### **Resources**

To find the youth and leader resources associated with this project area go to <https://4hcurriculum.unl.edu/>. Use the search box to search by curriculum area.

## DIVISION 440 - SAFETY CLASSES

**SF-E440001 - First Aid Kit** – (SF110) - 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 miscellaneous supplies. Use Citizen Safety manual, 4-H 425, pages 6 & 7 for guidance.

- Kits containing any of the following will be automatically disqualified:
  - a. Prescription medications. (If the kit's purpose is to provide medication for someone with special needs, explain in the written description and inventory, but remove the medication.)
  - b. Materials 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.)
  - c. Any controlled substance.

**SF-E440002 - Disaster Kit (Emergency Preparedness)** – (SF111) - 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, the number of people supported and a list of 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 tested, share that experience in kit documentation. Please include an explanation of drinking water needs for your disaster kit. Do not bring actual water to the fair in the kit.

**SF-E440003 - Safety Scrapbook** – (SF292) - The scrapbook must contain 15 news articles from print and/or internet sources about various incident types. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 1/2" X 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

**SF-E440004 - Safety Experiences** – (SF190) - The exhibit should share a learning experience the youth had related to safety. Examples could be participating in a first aid or first responder training, a farm safety day camp, babysitting workshop or similar event; scientific experiment related to safety; or the youth's response to an emergency situation. The exhibit should include a detailed description of the experience, the youth's role, some evidence of the youth's leadership in the situation and a summary of the learning that took place. Exhibits may be presented in a poster with supplemental Rev. 12/19/2014 documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes.

**SF-E440005 - Career in Safety** – (SF191) - The exhibit should identify a specific career area in the safety field and include education and certification requirements for available positions, salary information, demand for the field and a summary of the youth's interest in the field. Examples of careers include firefighters, paramedics, emergency management personnel, some military assignments, law enforcement officers, emergency room medical personnel, fire investigator and more. It is recommended youth interview a professional in the field in their research. Additional research sources might include books, articles, career web sites, job-related government web sites or interviews with career placement or guidance counselors. Exhibits may be presented in a poster with supplemental documentation, a notebook including up to ten pages of narrative and pictures, or a multimedia presentation on a CD lasting up to five minutes.

**CF-E440900 - Citizen Safety - Other** - Exhibit needs to relate to project area. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISION 450 – FIRE SAFETY**

**SF-E450001 - Fire Safety Poster** – (SF269) - This is a home floor plan drawn to scale showing primary and secondary escape routes and where fire extinguishers and smoke detectors are located. Draw every room, including all doors and windows. Use **black** or **blue** arrows showing **primary** escape routes from each room. Use **red** arrows showing **secondary** routes to use if the primary routes are blocked. Primary and secondary escape routes must lead outside to an assembly location. Documentation should include evidence the escape plan has been practiced at least four times. Posters must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28".

**SF-E450002 - Fire Safety Scrapbook – (SF270)** - The scrapbook must contain 10 news articles from print and/or internet sources about fires to residential or commercial properties or landscapes. Mount each clipping on a separate page accompanied by a description of events leading to the incident and any measures that might have prevented it. The Scrapbook should be bound in a standard size hardcover binder or notebook for 8 ½" X 11" size paper. Correct sentence structure, readability and thorough explanations are an important part of judging.

**SF-E450003 - Fire Prevention Poster – (SF268)** - Posters should promote a fire prevention message and be appropriate to display during National Fire Prevention Week or to promote fire safety at specific times of the year (Christmas, Halloween, 4th of July, etc.). Originality, clarity and artistic impression will all be judged. Do not include live fireworks, matches or other flammable/explosive/hazardous materials. Any entry containing this material will be disqualified. Posters must be constructed of commercial poster board at least 11" x 14" but not larger than 22" x 28".

**CF-E450900 - Fire Safety - Other** - Examples include: posters, scrapbooks, etc. about fire safety; safety in the home; fire safety promotion, etc. Exhibit needs to relate to project area. You can add any additional information that you want the judge to know about your exhibit.

## **DIVISION 460 – WEATHER SAFETY**

**CF-E460900 - Weather Safety - Other** - Examples include; Rain Gauge; Barometer; Monthly Weather Chart; Weather Vane; Scrapbook or Notebooks on Weather Safety. Exhibit needs to relate to project area. You can add any additional information that you want the judge to know about your exhibit.