

DEPARTMENT 25 – FOODS AND NUTRITION

Judging: Tuesday 1:00 – 7:00 PM

RULES:

1. Maximum of 15 entries per exhibitor in the Foods/Nutrition department.
2. **RECIPES REQUIRED WITH EXHIBIT.** Print recipe on a 3" x 5" or 5" x 7" card. Include ingredients, mixing and baking instructions.
3. Each exhibitor must make own foods. Members from the same family may not enter food from the same batch.
4. **NO** commercial mixes may be used. This does not include the use of biscuit mix product, or a homemade mix.
5. All baked foods must be thoroughly **COOLED** before bringing to the Fair.
6. Paper plates and plastic bags for display during fair will be furnished by the Fair Association after judging. Entries may be presented for judging in/on your own dish.
7. For poster regulations, please see Rules & Regulations Junior Division
8. At the end of the Fair, ribbons may be picked up. Fair Association will dispose of food exhibits.

Division A – Appetizers and Snacks

Premiums: Blue \$2.50 Red \$2.25 White \$2.00 Pink \$1.75

Class No.	Description
101.	Deviled Egg
102.	Snack Pizza (individual pizza)
103.	Homemade Peanut Butter
104.	Cheese Fondue
105.	Party Cheese Ball or Spread (individual serving to be displayed)
106.	Bean Dip
107.	Cooked Pudding (1 cup)
108.	Homemade Cocoa Mix
109.	Any other appetizer or snack item, not listed above

Division B – Main Dish

Premiums: Blue \$2.50 Red \$2.25 White \$2.00 Pink \$1.75

Class No.	Description
101.	One dish meal (individual serving)
102.	Main Dish Meat or Fish Entrée
103.	Homemade Pasta, any type
104.	Lasagna (individual serving)
105.	Any Homemade Salad Dressing, Marinade or Sauce
106.	Swedish Meatballs (5 meatballs served with sauce, no noodles)
107.	Stir Fry Meal (individual serving)
108.	Casserole (individual serving)
109.	Crock Pot Meal (individual serving)
110.	Hot Shredded Meat Sandwich (Beef, Pork, Turkey, etc) 1/2 cup meat on your choice of bun or bread; bun/bread can be store-bought.
111.	Meat Loaf (1" thick slice on a plate)
112.	Individual Homemade Pizza (must have homemade crust and toppings of choice)
113.	Baked Beans
114.	Baked Potato (with topping)
115.	Soup (individual serving)
116.	International Dish
117.	Any Dish Made with Planned Leftovers
118.	Any Other Main Dish, not listed above



All exhibitors must know and follow the General Fair Rules in addition to Dept. specific rules

Division C – Microwave Cooking

Rules:

1. All microwave exhibits should be one individual serving.
2. No commercial mixes, boxed meals or prepackaged (heat/re-heat only) items may be used.

Premiums: Blue \$2.50 Red \$2.25 White \$2.00 Pink \$1.75

Class No.	Description
101.	Appetizer or Snack
102.	Main Dish Egg
103.	Main Dish Pasta (macaroni & cheese, lasagna, spaghetti, etc.)
104.	Any other Main Dish
105.	Meat (pork chop, chicken breast, etc.)
106.	Fruit/Vegetable
107.	Baked Potato
108.	Dessert: Cake or Pie (bring whole cake/pie uncut)
109.	Dessert: Cookies, bars, candy, etc. (4)
110.	Microwave Meal: Breakfast, Lunch or Dinner (must include at least 3 "My Plate" food groups)
111.	Exhibit on how a Microwave Works, Microwave Safety, Microwave Cooking Tips, Microwave Cooking Benefits, etc.
112.	Any Other Microwave Cooking Item, not listed above

Division D – Healthy Choices

Premiums: Blue \$2.50 Red \$2.25 White \$2.00 Pink \$1.75



Class No.	Description
101.	Fruit Drink (made from mixture of real fruit juices)
102.	Fruit Snack (3-5 fruits); real fruit juices and/or whole fruit blended
103.	Fruit Dessert (1 serving size)
104.	Any food made with yogurt as ingredient
105.	Granola Bars (4)
106.	Chef Salad (individual serving, no dressing)
107.	Salad in a Jar
108.	3-5 different vegetables and low fat dip
109.	Marinated Vegetables (individual serving)
110.	Main Dish Grain or Pasta Salad (individual serving)
111.	Vegetarian Dish (individual serving)
112.	Healthy Sandwich or Wrap
113.	Dessert that has been modified to be more healthy
114.	Breakfast Item (except biscuits)
115.	Sack or Picnic Lunch
116.	Any Other Healthy Choice Item, not listed above

Division E – Breads

Rules:

1. Breads and rolls must not be greased after baking for exhibit.
2. All exhibitors must bring **WHOLE** baked food entry (if bread, it cannot be cut) to the Fair. Breads should be out of the pan.

Premiums: Blue \$2.50 Red \$2.25 White \$2.00 Pink \$1.75

Class No.	Description
101.	Pretzels (4)
102.	Breadsticks (4)
103.	Homemade Bagel (2)
104.	Muffins (4)
105.	Baking Powder Biscuits (4)
106.	Yeast Dinner Rolls (3)
107.	Quick Bread (whole loaf)
108.	Yeast Bread (one loaf)
109.	High Fiber Bread (one loaf)
110.	Bread from Machine (no mixes, one loaf)
111.	Any Other Bread (one loaf), not listed above



All exhibitors must know and follow the General Fair Rules in addition to Dept. specific rules

Division F – Cookies, Pies, Cakes and Candy

Rules:

1. NO FROSTING on any baked goods, except for Classes 110, 111 and 112.
2. For decorated cake exhibits that are judged on decoration only, a box, cake pan, or a pan can be decorated.
3. All exhibitors must bring **WHOLE** baked food entry (if cake or pie, it cannot be cut) to the Fair

Premiums: Blue \$2.50 Red \$2.25 White \$2.00 Pink \$1.75

Class No.	Description
101.	Cookies (plate of 3 different kinds)
102.	Drop Cookies (4)
103.	Shaped / Cutout Cookies (4)
104.	Refrigerator Cookies (4)
105.	High Fiber Cookies (4)
106.	Pie (baked fruit, no canned fillings, bring whole pie, one serving will be displayed)
107.	Any one crust pie (bring whole pie, one serving is displayed)
108.	Cake (any whole cake made from scratch)
109.	Cake (replace oil w/applesauce)
110.	Decorated Cookies (3 on a plate) (Judged on Decoration Only)
111.	Decorated Cupcakes (3 on a plate, display in liner/wrapper) (Judged on Decoration Only)
112.	Decorated Cake (Judged on Decoration Only)
113.	Coffee Cake (whole cake)
114.	Brownies (4)
115.	Cupcakes (3)
116.	Bars (4) of the same kind
117.	Bars - plate of 3 different kinds)
118.	Candy (4 pieces, cooked)
119.	Candy (4 pieces, uncooked)
120.	Any Other Dessert or Candy, not listed above

Division G – Historical Food and Recipes

RULES:

1. All entries must include:
 - a. Food with a copy of the recipe.
 - b. Source of the recipe, (i.e. grandmother, neighbor, etc)
 - c. Picture of the person from whom the recipe comes, if available.
Mounted or framed, ready for display with your name on it so it can be returned.
2. Recipe must be at least 25 years old.

Premiums: Blue \$2.50 Red \$2.25 White \$2.00 Pink \$1.75

Class No.	Description
101.	Dessert
102.	Any Bread (bring whole loaf)
103.	Cookies (4)
104.	Candy (4 pieces)
105.	Any Vegetable Dish
106.	Main Meal Dish
107.	Any Appetizer or Hors d'Oeuvres
108.	Any Beverage
109.	Any Meat Entree
110.	Any Holiday Food, explain why it is special
111.	Any Other Historical Exhibit, not listed above



All exhibitors must know and follow the General Fair Rules in addition to Dept. specific rules

Division H – Miscellaneous

Rules:

1. Place setting must include, 3 x 5 or 5 x 7 card diagramming the place setting.
2. China, crystal or other expensive pieces are **NOT RECOMMENDED** in place setting.
3. For poster regulations, please see Rules & Regulations Junior Division.

Premiums: Blue \$2.50 Red \$2.25 White \$2.00 Pink \$1.75

Class No.	Description
101.	Food Artistry
102.	Food Gift
103.	Food Gift in a Jar (meal in a jar, cookies in a jar, etc. Must be non-perishable)
104.	Recipe box (minimum of 5 recipes you have prepared and served)
105.	Recipe box (minimum of 5 recipes for planned-over foods)
106.	Plan a food menu for one week
107.	Exhibit on food science
108.	Place Setting for luncheon (include mat or tablecloth, napkin, centerpiece and menu)
109.	Place Setting for dinner (include mat or tablecloth, napkin, centerpiece, menu)
110.	My Plate poster or exhibit
111.	Educational Poster related to: making your own casserole, calculating the fat in food, food safety, additives, careers, or getting a meal together
112.	Educational Poster related to: freezing, mold, careers, where foods are grown, measuring or serving size
113.	Educational Poster related to: recycling in the kitchen, substitutions, food safety, or careers
114.	Educational Poster related to: low-fat alternatives, better fast food choices, food safety, blanching or careers

Division I – Food Preservation

RULES:

1. All food must have been preserved within past year, since the last fair, and member's own labor.
2. Only standard canning jars (jars with manufacturer's name blown in glass) will be accepted. One jar per item.
3. Jams and jellies are to be exhibited in standard ½ pint self-sealing canning jars. No paraffin.
4. If you have rings on your jar, please leave them on. Apply a screw band to jars before transporting them to the fair. This helps prevent the jar lids from becoming unsealed if they are bumped or mishandled.
5. All exhibits must be accompanied with statement giving time and method of processing. Please use labels provided on next page or fair website: www.winnebagoountyfaironline.com. Attach label to container with glue or clear tape.
6. All entries must follow the USDA food preservation guidelines/publications. Entries that do not use they current best practices for food preservation may be disqualified. For the most current information on Food Preservation visit the National Center for Home Food Preservation hosted by the University of Georgia: <http://nchfp.uga.edu/>

Premiums: Blue \$2.50 Red \$2.25 White \$2.00 Pink \$1.75

Class No.	Description
101.	Tomatoes (properly identified as whole, quartered, stewed, or juice)
102.	Salsa, include recipe
103.	Pitted Cherries
104.	Peaches or Pears (halved or sliced)
105.	Applesauce
106.	Green Beans, cut
107.	Sweet Corn, cut
108.	Dill Pickles (specify on label, fermented or non-fermented)
109.	Bread & Butter Pickles
110.	Pickles (any other not listed)
111.	Relishes (apple, beet, corn, cucumber, pepper, watermelon, etc.)
112.	Jam, any variety
113.	Freezer Jam
114.	Jelly, any variety
115.	Other Berry, Veggie or Fruit, canned or frozen
116.	Single Dried Fruit
117.	Dried Fruit Mix
118.	Single Dried Vegetable
119.	Dried Vegetable Mix
120.	Dried Herb
121.	Dried Meat
122.	Any Other Food Preservation Item, not listed above

All exhibitors must know and follow the General Fair Rules in addition to Dept. specific rules

Exhibitor's Number _____ Date Dried _____
 Name of Product _____ Drying Time _____
Drying Method (check one)
 _____ Food Dehydrator [Temperature: _____]
 _____ Oven _____ Sun _____ Microwave
Pre-treatment of Product (check all that apply)
 _____ Antioxidant (Vitamin C: tablets, fruit juice, or Fruit Fresh)
 _____ Sweetened
 _____ Blanched

Exhibitor's Number _____ Date Dried _____
 Name of Product _____ Drying Time _____
Drying Method (check one)
 _____ Food Dehydrator [Temperature: _____]
 _____ Oven _____ Sun _____ Microwave
Pre-treatment of Product (check all that apply)
 _____ Antioxidant (Vitamin C: tablets, fruit juice, or Fruit Fresh)
 _____ Sweetened
 _____ Blanched

Exhibitor's Number _____ Date Dried _____
 Name of Product _____ Drying Time _____
Drying Method (check one)
 _____ Food Dehydrator [Temperature: _____]
 _____ Oven _____ Sun _____ Microwave
Pre-treatment of Product (check all that apply)
 _____ Antioxidant (Vitamin C: tablets, fruit juice, or Fruit Fresh)
 _____ Sweetened
 _____ Blanched

Exhibitor's Number _____ Date Dried _____
 Name of Product _____ Drying Time _____
Drying Method (check one)
 _____ Food Dehydrator [Temperature: _____]
 _____ Oven _____ Sun _____ Microwave
Pre-treatment of Product (check all that apply)
 _____ Antioxidant (Vitamin C: tablets, fruit juice, or Fruit Fresh)
 _____ Sweetened
 _____ Blanched

Exhibitor's Number _____ Date Dried _____
 Name of Product _____ Drying Time _____
Drying Method (check one)
 _____ Food Dehydrator [Temperature: _____]
 _____ Oven _____ Sun _____ Microwave
Pre-treatment of Product (check all that apply)
 _____ Antioxidant (Vitamin C: tablets, fruit juice, or Fruit Fresh)
 _____ Sweetened
 _____ Blanched

Exhibitor's Number _____ Date Dried _____
 Name of Product _____ Drying Time _____
Drying Method (check one)
 _____ Food Dehydrator [Temperature: _____]
 _____ Oven _____ Sun _____ Microwave
Pre-treatment of Product (check all that apply)
 _____ Antioxidant (Vitamin C: tablets, fruit juice, or Fruit Fresh)
 _____ Sweetened
 _____ Blanched