

DIVISION M - FOODS

Division Rules & Regulations:

- Only 4-H Members may exhibit in this division. Exhibitors may enter only one (1) exhibit in each class, unless otherwise noted in section.

Pre-entry is required. **YOU MUST USE THE INTERNET ENTRY SYSTEMS FOUND AT www.marylandstatefair.com** Internet entries are due **July 31, 2019** Exhibitors without internet access should contact their County Extension Educator for assistance. All release forms are due to the Maryland 4-H Center by July 31st. All exhibitors must complete and submit a release form.
- Exhibitors and exhibits must comply with the "General State Fair Rules & Regulations", "General 4-H and FFA Rules & Regulations", these "Division Rules & Regulations" and the applicable "Section Rules & Regulations".
- All exhibits must be clean and free of labels, etc., unless otherwise specified in the section rules or class description. Exhibitors must attach the Official State Fair Entry Tag to their exhibit prior to entry.
- Judging:** All exhibits will be judged on their own merit. The Judges will then at their own discretion give placings up to 10th Place in each class Food Preparation and Food Preservation. Unless otherwise noted in section, exhibits will be judged in one of the 4-H Age Divisions: Junior (ages 8-10 as of 1/1/18); Intermediate (ages 11-13 as of 1/1/18); Senior (ages 14-18 as of 1/1/18). Entries not conforming to class description and/or division/section rules & regulations will be disqualified.
- Awards:** In Food Preparation and Food Preservation, ribbons will be awarded to the 1st – 10th Place exhibits in each class. Premiums: 1st (\$7), 2nd–10th (\$5). In 4-H Healthy Lifestyles Poster, Nutrition Poster/4-H EFNEY, Food Science Display and 4-H Menu Judging, ribbons/premiums will be awarded to each exhibit according to the rating it receives - Excellent (\$7), Very Good (\$5) or Good (\$5). Rosettes will be awarded to the Junior, Intermediate and Senior Champion and Reserve Champions in each section, if there are sufficient entries as determined by the Superintendent.
- Entries for this division will be received Wednesday, August 22nd from 2pm to 8pm in the 4-H/FFA Home Arts Building and released Wednesday, September 5th from 9am to 7pm. An early-bird release period will be made available on Tuesday, September 4th from 8pm to 10pm AFTER the Building is closed to the public.

SECTIONS I-VIII - FOOD PREPARATION

Superintendents: Linda Brown and Amanda Clougherty
 Phone: (410) 822-5548 Email: akbrown@umd.edu

Section Rules & Regulations:

- Exhibitors must be enrolled in a 4-H Food Project for the current year.
- Exhibitors must enter the exact number of items indicated in parentheses in the class descriptions, i.e. Cookies (4) means 4 individual cookies.
- All food entries must be accompanied by a 3" x 5" Recipe Card.** The Recipe Card should include the list of the ingredients, the amounts and procedures for preparing a product. Recipe Cards must be printed or typed. Exhibits without recipe cards will be DISQUALIFIED!
- Decorated cake classes may use commercial or fondant icing. Otherwise, the frosting and cake recipes must be included on the Recipe Card. Cake must be made from batter, No Styrofoam or cereal bases may be used.
- No mixes are allowed** (cookie mixes, biscuit or pancake mixes, etc.) All entries must be homemade.
- Since refrigeration is not available, cream cheese, yogurt, and whipping cream, etc. may not be used in fillings or icings. Eggs used in recipes MUST be cooked.
- All food entries will be exhibited in plastic containers available at check-in. The Fair is not responsible for personal containers. Exhibits will be disposed of when they are no longer visually appealing. All food exhibits, excluding gift baskets/boxes, will be disposed of by Fair Staff.
- All cookies must be baked. No-baked cookies are not acceptable in any cookie class.
- All entries must be made by the individual 4-H member. Cakes and breads split in half, cookies and bars from same does not make two entries and will be disqualified.**
- All angel food, sponge and chiffon cakes must be baked in a tube pan.

| Junior | Inter. | Senior | Class Description |
|---|--------|--------|---|
| QUICK BREADS & PIE CLASSES CLASSES (Section 1) | | | |
| M1001 | M2001 | M3001 | Baking Powder Biscuits-rolled (4) |
| M1002 | M2002 | M3002 | Muffins-Fruit, no liners (4) |
| M1003 | M2003 | M3003 | Muffins-Other, identify, no liners (4) |
| M1004 | M2004 | M3004 | Corn Bread, 2" x 3" pieces (4) |
| M1005 | M2005 | M3005 | Coffee Cake-Cinnamon (½) |
| M1006 | M2006 | M3006 | Coffee Cake-Fruit, identify type (½) |
| M1007 | M2007 | M3007 | Fruit/Fruit & Nut Bread-identify type (Whole) |
| M1008 | M2008 | M3008 | Vegetable/Veg & Nut Bread-identify (Whole) |
| M1009 | M2009 | M3009 | Baked Pie Crust, 8-9" Pie Shell Only |
| M1010 | M2010 | M3010 | Pie, Double Crust, Fruit Only, 8-9" pie |
| M1011 | M2011 | M3011 | Pie, Crumb Crust, Fruit Only, 8-9" pie |

YEAST BREAD CLASSES (Section 2)

| | | | |
|-------|-------|-------|------------------------------|
| M1015 | M2015 | M3015 | Rolls-plain, white (4) |
| M1016 | M2016 | M3016 | Rolls-whole wheat (4) |
| M1017 | M2017 | M3017 | Rolls-other (4) |
| M1018 | M2018 | M3018 | Loaf-plain white (Whole) |
| M1019 | M2019 | M3019 | Loaf-whole wheat (Whole) |
| M1020 | M2020 | M3020 | Loaf-other, identify (Whole) |
| M1021 | M2021 | M3021 | Coffee Ring-whole product |
| M1022 | M2022 | M3022 | Loaf, Cheese Bread, Whole |
| M1023 | M2023 | M3023 | Loaf Gluten Free, Whole |

| Junior | Inter. | Senior | Class Description |
|-----------------------------------|--------|--------|--|
| COOKIE CLASSES (Section 3) | | | |
| M1030 | M2030 | M3030 | Brownies with nuts, 2"x 2" square (4) |
| M1031 | M2031 | M3031 | Brownies without nuts, 2"x 2" square (4) |
| M1032 | M2032 | M3032 | Blonde Brownies, No Cocoa, 2"x 2" square (4) |
| M1033 | M2033 | M3033 | Other Drop Cookies, Identify (4) |
| M1034 | M2034 | M3034 | Peanut Butter Cookies (4) |
| M1035 | M2035 | M3035 | Refrigerator Cookies- sliced & baked (4) |
| M1036 | M2036 | M3036 | Rolled Cookies – cut with cookie cutter (4) |
| M1037 | M2037 | M3037 | Snickerdoodles (4) |
| M1038 | M2038 | M3038 | Bar Cookies-not brownies-2 x 2 square(4) |
| M1039 | M2039 | M3039 | Molded/Shaped Cookies-by hand (4) |
| M1040 | M2040 | M3040 | Fancy Cookies-filled, iced, etc. (4) |
| M1041 | M2041 | M3041 | Pressed Cookies – thru a gun or mold (4) |
| M1042 | M2042 | M3042 | Oatmeal Drop Cookies (4) |
| M1043 | M2043 | M3043 | Chocolate Chip Cookies (4) |

CAKE CLASSES (Section 4)

| | | | |
|-------|-------|-------|---|
| M1044 | M2044 | M3044 | Angel Food Cake-no icing/glaze (½) |
| M1045 | M2045 | M3045 | Sponge Cake (½) |
| M1046 | M2046 | M3046 | Chiffon Cake (1/2) |
| M1047 | M2047 | M3047 | Pound Cake-no icing/glaze or layers (½) |
| M1048 | M2048 | M3048 | Spice Cake-icing, 2 layers (½) |
| M1049 | M2049 | M3049 | Yellow Cake-icing, 2 layers (½) |
| M1050 | M2050 | M3050 | Chocolate Cake-icing, 2 layers (½) |
| M1051 | M2051 | M3051 | White Cake-icing, 2 layers (½) |
| M1052 | M2052 | M3052 | Cup Cakes-yellow, liners ok (4) |
| M1053 | M2053 | M3053 | Cup Cakes-chocolate, liners ok(4) |
| M1054 | M2054 | M3054 | Jelly Roll, Whole |

| Junior | Inter. | Senior | Class Description |
|----------------------------------|--------|--------|---|
| CANDY CLASSES (Section 5) | | | |
| M1055 | M2055 | M3055 | Peanut Butter Fudge - cooked, Plain, 1"x1" (4 pieces) |
| M1056 | M2056 | M3056 | Chocolate Fudge - cooked, Plain, 1"x1" (4 pieces) |
| M1057 | M2057 | M3057 | Chocolate Fudge, not plain, identify 1"x1" (4 pieces) |
| M1058 | M2058 | M3058 | Nut Brittle (4 pieces) |
| M1059 | M2059 | M3059 | Uncooked Candy (4 pieces) |
| M1060 | M2060 | M3060 | Cooked Candy (4 pieces) |
| M1061 | M2061 | M3061 | Meringues (4 pieces) |
| M1062 | M2062 | M3062 | Butter Creams (4 pieces) |
| M1063 | M2063 | M3063 | Candy Bark, 2" min size (4 pieces) |

DECORATED CAKE CLASSES (Section 6) - *The whole cake may not exceed 9" w x 13" x 12" h. All decorations and cake must be edible. Cake must be made from batter ie. No rice krispies or cereal. Cake and icing recipes must be included.*

| Junior | Inter. | Senior | Class Description |
|--------|--------|--------|--|
| M1064 | M2064 | M3064 | Special Occasion - decorated for a special event such as a wedding, birthday, anniversary, shower, etc. |
| M1065 | M2065 | M3065 | Novelty - decorated to carry out an idea, may be shaped/decorated to resemble an animal, person or idea (i.e., pizza, bunny, etc. It is not a birthday, shower or other special occasion cake. |
| M1066 | M2066 | M3066 | Maryland 4-H Cake - Decorated to carry out the idea of "Maryland 4-H". Place on a non-returnable container. |

HEALTHY CHOICES CLASSES (Section 7) - *These are baked items where ingredients have been eliminated, reduced or substituted so people with dietary restrictions may enjoy a baked product. Substitutions must be specific. Include an explanation of changes made to the recipe and what needs will be met by these changes. Judges will evaluate the item for its quality, taste, appearance and effectiveness in totally meeting a special dietary need.*

| Junior | Inter. | Senior | Class Description |
|--------|--------|--------|--------------------------|
| M1067 | M2067 | M3067 | Quick Bread (whole loaf) |
| M1068 | M2068 | M3068 | Cake (½) |
| M1069 | M2069 | M3069 | Cookies (4) |

GIFT BASKET/BOX CLASSES (Section 8) - *Items should be arranged in a decorated basket/box to be used as a gift. Place one sample of each item in a plastic bag for judging. Recipe Cards should include recipes for all edible items in the gift as well as the audience for which the gift is intended.*

| Junior | Inter. | Senior | Class Description |
|--------|--------|--------|---|
| M1071 | M2071 | M3071 | Quick Bread - 5 different kinds of quick breads |
| M1072 | M2072 | M3072 | Yeast Bread - 5 different kinds of yeast breads |
| M1073 | M2073 | M3073 | Cookie - 5 different kinds of cookies (6 each) |

SECTIONS IX-XV - FOOD PRESERVATION

Superintendent: Becky Ridgeway

Phone: (410) 386-2760

Email: bridgewa@umd.edu

Section Rules & Regulations:

- Exhibitors must be enrolled in a 4-H Foods Project for the current year.
- Entries will consist of 1 jar, unless otherwise specified. Both standard and wide-mouthed pint and quart regulation canning jars will be accepted except where specified otherwise in class. **Leave rims/rings on jars. Jars will not be opened for judging.**
- Label each jar clearly with 1) product name, 2) processing method and time for processing, and 3) source of the recipe.** (e.g. 1) Tomatoes; 2) Boiling Water Bath/#minutes; and 3) Ball Blue Book Guide to Preserving – 2011 Edition or USDA Guide or So Easy to Preserve – any of these recipe sources).
- Fruits, pickled vegetables, and some tomatoes and should be processed in a boiling water bath canner. Vegetables and some tomato products must be processed in a pressure canner.
- ALL foods should be processed using a tested recipe. (Recipe sources – Ball Blue Book, USDA Complete Guide to Home Canning and So Easy to Preserve, or recipes found in pectin or other canning ingredients made by companies such as Kerr, Mrs. Waggs, Ball, etc.)
- Dried foods may only be entered in the Dried Foods Classes.

| Junior | Inter. | Senior | Class Description |
|---------------------------------------|--------|--------|-------------------------------|
| FRUIT CLASSES (Section 9) | | | |
| M1081 | M2081 | M3081 | Apple sauce |
| M1082 | M2082 | M3082 | Apple Juice |
| M1083 | M2083 | M3083 | Blackberries |
| M1084 | M2084 | M3084 | Cherries - sour |
| M1085 | M2085 | M3085 | Cherries - sweet |
| M1086 | M2086 | M3086 | Grape - juice |
| M1087 | M2087 | M3087 | Peaches - halves |
| M1088 | M2088 | M3088 | Peaches - pieces |
| M1089 | M2089 | M3089 | Pears - halves |
| M1090 | M2090 | M3090 | Pears - pieces |
| M1091 | M2091 | M3091 | 3 jars of fruit (3 varieties) |
| M1092 | M2092 | M3092 | Other fruit |
| M1093 | M2093 | M3093 | Fruit Butter |
| VEGETABLE CLASSES (Section 10) | | | |
| M1095 | M2095 | M3095 | Beans – green, whole |
| M1096 | M2096 | M3096 | Beans – green, cut |
| M1097 | M2097 | M3097 | Beans - lima |
| M1098 | M2098 | M3098 | Beans - wax |
| M1099 | M2099 | M3099 | Beets - sliced (no vinegar) |
| M1100 | M2100 | M3100 | Beets - whole (no vinegar) |
| M1101 | M2101 | M3101 | Carrots |
| M1102 | M2102 | M3102 | Peas |
| M1103 | M2103 | M3103 | Tomatoes - broken in juice |
| M1104 | M2104 | M3104 | Tomatoes - whole |
| M1105 | M2105 | M3105 | Tomato Juice |
| M1106 | M2106 | M3106 | Other Vegetable |
| PICKLE CLASSES (Section 11) | | | |
| M1107 | M2107 | M3107 | Pickled beets - sliced |
| M1108 | M2108 | M3108 | Pickled beets - whole |
| M1109 | M2109 | M3109 | Sliced cucumber - sweet |
| M1110 | M2110 | M3110 | Bread and butter pickles |
| M1111 | M2111 | M3111 | Sour or dill pickle, spears |
| M1113 | M2113 | M3113 | Pickle, any other (identify) |
| M1114 | M2114 | M3114 | Relish (mixed vegetables) |
| M1115 | M2115 | M3115 | Pickle Relish |
| M1116 | M2116 | M3116 | Corn Relish |
| M1117 | M2117 | M3117 | Salsa |

DRIED FOODS CLASSES (Section 15) - *Drying foods is a method of preserving. Moisture is removed from fruits/ vegetables to preserve them for later use. Food must be dried enough to inhibit all bacteria, molds and enzymes. Dried fruits and vegetables are clean, flavorful, have characteristic color, and are brittle (vegetables) or leathery (fruits). (Jars should be ½ pint standard clear canning jars) Label All Products With Product Name, Drying Methods & Length of Time of Drying.*

| Junior | Inter. | Senior | Class Description |
|--------|--------|--------|-------------------|
| M1141 | M2141 | M3141 | Fruit Leather |
| M1142 | M2142 | M3142 | Dried Fruit |
| M1143 | M2143 | M3143 | Dried Vegetables |
| M1144 | M2144 | M3144 | Jerky |
| M1145 | M2145 | M3145 | Herbs |

| Junior | Inter. | Senior | Class Description |
|---|--------|--------|-----------------------------|
| M1112 | M2112 | M3112 | Sour or dill pickle, sliced |
| JELLY CLASSES (Section 12) - <i>Jelly is made of fruit juice. Good jelly is clear, free from crystals or sediment, sparkling, has a tender texture and natural color and flavor of fresh fruit. When removed from the glass, it will hold its shape and when cut leaves a clean, clear, sharp cleavage. Jars should be ½ pint standard canning jelly jar. Do not use fancy/gourmet jars, no fabric covers.</i> | | | |
| M1118 | M2118 | M3118 | Apple Jelly |
| M1119 | M2119 | M3119 | Grape Jelly |
| M1120 | M2120 | M3120 | Strawberry Jelly |
| M1121 | M2121 | M3121 | Blackberry Jelly |
| M1122 | M2122 | M3122 | Other Jelly |
| PRESERVES CLASSES (Section 13) - <i>Preserves are made of one or two fruits. The fruit, whole or large pieces, is cooked in a syrup until clear and transparent, tender, firm, crisp and well plumped. The shape of the fruit is retained and the juice is thick and syrupy. (Jars should be ½ pint standard canning jelly jar)</i> | | | |
| M1125 | M2125 | M3125 | Blackberry Preserves |
| M1126 | M2126 | M3126 | Peach Preserves |
| M1127 | M2127 | M3127 | Pear Preserves |
| M1128 | M2128 | M3128 | Strawberry Preserves |
| M1129 | M2129 | M3129 | Blueberry Preserves |
| M1130 | M2130 | M3130 | Cherry Preserves |
| M1131 | M2131 | M3131 | Other Preserves |
| JAM CLASSES (Section 14) - <i>Jams are usually made of one fruit crushed into a mass of an even, soft consistency thick enough to spread easily or be divided into portions. Juices are not separated from fruits and are of a jelly-like consistency. (Jars should be ½ pint standard canning jelly jars)</i> | | | |
| M1133 | M2133 | M3133 | Blackberry Jam |
| M1134 | M2134 | M3134 | Raspberry Jam |
| M1135 | M2135 | M3135 | Strawberry Jam |
| M1136 | M2136 | M3136 | Blueberry Jam |
| M1137 | M2137 | M3137 | Peach Jam |
| M1138 | M2138 | M3138 | Cherry Jam |
| M1139 | M2139 | M3139 | Other Jam |

SECTION XVI - 4-H HEALTHY LIFESTYLES POSTER

Superintendent: Ann Sherrard

Phone: (301) 334-6960

Email: anns@umd.edu

Section Rules & Regulations:

1. Only one entry per exhibitor may be entered in this section.
2. Posters must be the work of the Exhibitor. Posters may be of horizontal or vertical orientation. Horizontal posters are considered more useful, since they would fit better on a TV screen. Avoid a square-shaped poster. **Posters should follow this theme: "Let's Move for Good Health."**
3. Posters must be designed on or affixed to standard poster board, 14" x 22" in size. Exhibitors may use any media: water color, ink, crayon, acrylic, charcoal, oils or collage. Posters may not be three-dimensional. Cartoon figures, such as Snoopy, Barney, etc., cannot be used because they are copyrighted.
4. The following information must be printed on the upper left-hand corner of the back of the poster: Exhibitor's Name, Age, Phone #, 4-H County/City, Theme and Interpretive Statement. Posters must include the "AA Statement" on the front of the poster (see General 4-H/FFA Rules & Regulations).

CLASSES

M1155 Junior Healthy Lifestyles Poster

M2155 Intermediate Healthy Lifestyles Poster

M3155 Senior Healthy Lifestyles Poster

SECTION XVII - NUTRITION POSTER/4-H EFNEP

Superintendent: Ann Sherrard

Phone: (301) 334-6960

Email: anns@umd.edu

Section Rules & Regulations:

1. This section is open to all youth currently enrolled in the 4-H Expanded Foods and Nutrition Program (EFNEP). This exhibit provides the opportunity for 4-H Members to share nutrition knowledge and concepts gained in EFNEP programs with others. Only one poster per Exhibitor may be entered.
2. Posters must be created by the Exhibitor. Posters must be designed on or affixed to standard poster board (14" x 22") and must contain a nutrition message.
3. Exhibitors may use any media: water color, ink, crayon, acrylic, charcoal, oils or collage. Posters may not be three-dimensional. Posters must be 14" x 22" and contain a nutrition message. Cartoon figures, such as Snoopy, Barney, etc., cannot be used because they are copyrighted.
4. The following information must be printed on the upper left-hand corner of the back of the poster: Exhibitor's Name, Age, Phone #, 4-H County/City, Theme and Interpretive Statement. Posters must include the "AA Statement" on the front side of the poster (see General 4-H/FFA Rules & Regulations).

CLASSES

M1162 Junior Nutrition Poster

M2162 Intermediate Nutrition Poster

M3162 Senior Nutrition Poster

SECTION XVIII - FOOD SCIENCE DISPLAY

Superintendent: Ann Sherrard

Phone: (301) 334-6960

Email: anns@umd.edu

Section Rules & Regulations:

1. Only one enter per Exhibitor may be entered in each class.
2. Displays must be the work of the individual, group projects are not allowed.
3. Displays must not involve live animals, harmful chemicals, explosives, open flames or any other potentially hazardous materials.
4. The display may range in size from 28"W x 14"D x 22"H to 36"W x 17"D x 42"H. The display must be sturdy enough to stand alone. Graphs, charts, information table, photographs, drawings, etc. may be used in the display. A printed or typewritten 1-page summary must be attached to the display.
5. Refer to the "4-H Food Science Display" Procedures & Regulations for Judging Criteria and additional information (available from the 4-H office).

CLASSES

M1169 Junior Food Science Display

M2169 Intermediate Food Science Display

M3169 Senior Food Science Display

SECTION XIX - 4-H MENU JUDGING

Superintendent: Ann Sherrard

Phone: (301) 334-6960

Email: anns@umd.edu

Section Rules & Regulations:

1. Only one enter per Exhibitor may be entered in each class.
2. Menus must be selected from the following:
 - a: Convenience Food Meal - Attach label(s) from the convenience foods used (*M1176 Junior, M2176 Intermediate & M3176 Senior*)
 - b: Fast Food Restaurant Meal - Attach nutrition information from the Fast Food Restaurant (*M1177 Junior, M2177 Intermediate & M3177 Senior*)
 - c: Packed Lunch Meal - One meal in a bag or otherwise packed lunch (*M1178 Junior, M2178 Intermediate & M3178 Senior*)
 - d: Vegetarian Meal - Include dairy products and/or eggs but no meat, poultry or fish (Lacto-ova) (*M1179 Junior, M2179 Intermediate & M3179 Senior*)
 - e: Ethnic Meal - Describe the culture (*M1180 Junior, M2180 Intermediate & M3180 Senior*)
3. Menus must include the following: (a) correct number of servings from each of the food groups in MyPyramid; (b) a contrast of color, texture and flavors; and (c) a description of the preparation methods and amounts of food.
4. The following information must appear on the back of the menu: Exhibitor's Name, Age, Phone Number, 4-H County/City, Class Number.
5. Refer to the "4-H Menu Judging" Procedures & Regulations for Judging Criteria and additional information (available from the 4-H office).

Menu Judging Criterion

- How closely does the menu follow the written guidelines for the class?
- Nutritional Quality – does the menu reflect the recommendations from MyPyramid?
- Balance – does the menu provide a variety of the following in the foods to create interest?
 - o Color
 - o Temperature (Lunch Box menus may be an exception)
 - o Texture
- Presentation of the entry (neatness and use of visuals, etc.)