



ATCP 160.71 – FOODS AND NUTRITION – DEPARTMENT 25

Please see the Judging Schedule for dates and times.

**Adult Superintendents: Pat Sleiter
Deb Myers
DarLyne Schneider
Heidi Rufer**

Foods Rules and Instructions

1. Exhibitors and their families are responsible for reading and complying with the Junior Fair General Rules & Instructions.
2. All Educational Exhibits will also be placed on display in the Exhibition Hall during the Green County Fair. They can be picked up at the Food and Nutrition exhibit at the close of the Green County Fair.
3. Fair Entry Form: Since premium money is given for Cake and Foods Revue, please remember to include your entry when filling out your fair entry form.
4. Requests for reasonable accommodations for disabilities or limitations should be made in writing to the Green County Fair Office as early as possible prior to these contests so that proper arrangements can be made.



CAKE REVUE (Class A-D)

**Saturday, March 25, 2023
2:00 PM**

Rooms 1-3, Green County Justice Center, Monroe

Premiums \$ 3.00 \$ 2.75 \$ 2.50 \$ 2.25

- a) Exhibitors must register for this contest between January 15, 2023 and March 15, 2023 using the following Google Form link:
<https://forms.gle/FzeQMGRn2SnSCrrz8>
- b) Must decorate cakes and cookies. (Please – **NO** styrofoam)
- c) All decorations and supports **MUST** be edible
- d) Cakes must be frosted by the youth.

- e) Limit of 2 entries per exhibitor (Class A-D)
- f) Grades are as of January 1st of exhibit year.
- g) Entries must be submitted online with your regular Green County Fair entries in order to receive premium.

CLASS A - CAKE REVUE, Gr. 3-4

Open to Foods & Exploring Members Grades 3-4

Foods Level A

Lot

Conference Judging

1. Decorated cookies (plate of three)
2. Decorated cupcakes (plate of three)
3. Any other single layer cake up to 9" – do your own thing. All toppings must be edible (candy, coconut, chips, nuts, etc.) Can use frosting or fondant.

CLASS B - CAKE REVUE, Gr. 5-6

Foods Level B

Lot

Conference Judging

4. Decorated single layer mini cakes with the same theme (plate of 3). Mini cakes are either 3" or 4" in diameter and not large cupcakes.
5. Double layer cake, round or square, up to 9" – do your own thing. All toppings must be edible (candy, gumpaste, coconut, chips, nuts, etc.) Can use frosting or fondant.
6. Character cake from a mold - decorated with a star tip.

CLASS C - CAKE REVUE, Gr. 7-9

Foods Level C

Lot

Conference Judging

7. Create your own 3D cake not from molds.
8. Any holiday themed cake – think outside the box.
9. Cake covered and decorated with fondant

CLASS D-CAKE REVUE, Gr. 10 and up

Foods Level D

Lot

Conference Judging

10. Two tier cake, round or square, base tier no larger than 9". All toppings must be edible (candy, gumpaste, coconut, chips, nuts, etc). Can use frosting or fondant.
11. Cake Roll - exhibitors own design
12. Decorated double layer cake (minimum) using advanced techniques (example: drip cake, carved cake advanced frosting technique, etc.).

FOODS REVUE (Class E-H)

Saturday, February 25, 2023

2:00 PM

Rooms 1-3, Green County Justice Center, Monroe

Foods Revue Rules and Instructions

- a) Exhibitors must register for this contest between January 15, 2023 and February 15, 2023 by using this Google Form link:
<https://forms.gle/KEY8F3Fh5XwKFhgMA>
- b) Limit of 2 entries per member (Class E-H)
- c) Grades are as of January 1st of exhibit year.
- d) **Entries must be submitted online with your regular Green County Fair entries in order to receive premium.**
- e) Be prepared to explain to the judge and others why you chose the food that you did and how you prepared the food, including what ingredients and equipment you used.
- f) Using a place or table setting is required as part of a Foods Revue exhibit. Please read the place setting expectations specific to your grade category. Your place setting should be set up so that it is facing the judge. Set up your display at the Foods Revue with NO HELP FROM PARENTS OR LEADERS.
- g) The exhibitor should make every effort to maintain food safety standards prior to serving the food (keep hot foods hot and cold foods cold). The judge reserves the right to decide whether to sample a food as part of the judging process.

- h) All food exhibits MUST bring a copy of the exhibit recipe to the Foods Revue event. Recipes should be printed neatly or typed on one side of paper or cards.
- i) Paper or plastic place settings are allowed in lots 20-23

Premiums \$ 3.00 \$ 2.75 \$ 2.50 \$ 2.25

CLASS E - FOODS REVUE, Gr. 3-4

Open to Foods & Exploring Members Grades 3-4

Display your food item using a place setting, which include napkin, silverware, plate and glassware.

DO NOT bring a tablecloth, placemat, or centerpiece.

Lot

LEVEL A

Conference Judging

20. Mini Pizzas (size: 3-6 inch) - plate of 2 any toppings
21. Homemade cooked pudding (two ½ cup servings)- any flavor
22. Breakfast or lunch sandwich

CLASS F - FOODS REVUE, Gr. 5-6

Bring a place setting, which includes a placemat or tablecloth, napkin, silverware, plate and glassware. DO NOT bring a centerpiece.

Provide a written menu for a meal which includes the dish you made.

Lot

LEVEL B

Conference Judging

23. Any Main Dish Salad (bring whole salad, with one serving presented)
24. Skillet meal – breakfast (bring whole skillet, with one serving presented)
25. Meal in a bowl (must contain a protein, vegetable, and a whole grain)

CLASS G - FOODS REVUE, Gr. 7-9

Bring the table service you will need, which includes dishes, silverware, tablecloth/placemat, napkin, and a centerpiece.

Provide a written menu for a meal which includes the dish you made.

Lot

LEVEL C

Conference Judging

26. Homemade Soup of any kind (bring at least 1 quart of soup, with one serving presented)
27. Grazing board (only lot 27 exempt from Class G place setting rule) - at least 5 items, with at least 3 made from scratch (may include dips). Examples: breakfast, appetizer, or dessert boards
28. Family favorite main dish meal (bring whole main dish, with one serving presented)

CLASS H - FOODS REVUE, Gr. 10 & up

Provide the menu and recipes of the product(s) made.

All items must be made from scratch.

Bring table service, including dishes, silverware, tablecloth/placemat, napkin, centerpiece, and a beverage.

Lot LEVEL D **Conference Judging**

29. Double crusted Pot Pie-any protein (bring whole pie, judge will instruct when to cut and serve)
30. Lasagna - (any type of protein, vegetarian, or breakfast) served in a 9"x13" pan (bring entire pan, judge will instruct when to cut and serve)
31. Charcuterie board - (only this lot 31 exempt from Class H place setting rule above) - at least 10 items, with at least 5 made from scratch (may include dips). Examples: breakfast, appetizer, tailgating or dessert boards
32. Any main dish prepared with a pressure cooker or instant pot (bring entire main dish, with one serving presented)

FOODS EDUCATIONAL EXHIBITS

Please see the Judging Schedule for date and time.

Premiums \$ 2.00 \$ 1.75 \$ 1.50 \$ 1.25

Rules and Instructions

- a) Posters can be no larger than 14"x22". Displays can be no larger than 28"x40".

CLASS I - FOODS EDUCATIONAL EXHIBITS, Gr. 3-4

Open to Foods & Exploring Members Grades 3-4

Lot LEVEL A **Conference Judging**

40. 2-day Food Journal with Explanation (foods eaten)
41. Cooking & Baking Journal with Explanation (foods made)- with minimum of 5 journal entries
42. Poster of a single table setting

CLASS J - FOODS EDUCATIONAL EXHIBITS, Gr. 5-6

Lot LEVEL B **Conference Judging**

43. Compare 2 Side Dishes (nutrition, cost, and preparation time comparison)
44. Healthy Meal under \$15.00 with explanation
45. Cooking & Baking Journal with Explanation (foods made)- with minimum of 5 journal entries

CLASS K - FOODS EDUCATIONAL EXHIBITS, Gr. 7-9

Lot LEVEL C **Conference Judging**

46. Diabetic meal plan
47. Plan a poor nutrition meal and change it to a good nutrition meal
48. Cooking & Baking Journal with Explanation (foods you prepared this year)- with minimum of 7 journal entries

CLASS L - FOODS EDUCATIONAL EXHIBITS, Gr. 10 and up

Lot LEVEL D **Conference Judging**

49. 7 day Meal Plan including costs of food
50. Exhibit of a good nutrition meal and a poor nutrition meal from any fast food menus
51. Cooking & Baking Journal with Explanation (new foods you prepared this year)-with minimum of 10 journal entries



FOOD PRESERVATION

Please see the Judging Schedule for date and time.

Frozen Foods will be judged first

Premiums \$ 2.00 \$ 1.75 \$ 1.50 \$ 1.25

Foods Preservation Rules and Instructions

- a) The Fair Association is not responsible for articles lost/stolen during the fair.
- b) Only foods preserved, dehydrated, frozen by the member since August 1 of preceding year.
- c) Each frozen exhibit MUST be one (1) package (at least 1 Cup). Must be a clear freezer bag or container.
- d) Canning entries must be made in standard pint or quart jars, except for jams and jellies which can be half pints or jelly jars.
- e) An exhibit consists of one jar.
- f) Posters can be no larger than 14"x22", and displays can be no larger than 28"x40".
- g) Use standard canning instruction from any USDA approved source, including UW-Madison - Extension Food Preservation bulletins, available at the Extension Office or online: <https://learningstore.extension.wisc.edu/collections/food-preservation-and-safety>.
- h) Please be aware that Hot Water Bath or Steam Canners can be used for high acid foods (like most jams, jellies, fruits, pickles and salsa), but a Pressure canner must be used for low acid foods, such as meats and vegetables.
- i) Exhibitors are encouraged to remove rings on sealed jars but won't be penalized if they forget.
- j) The right is reserved to open pickles/other products if the method of preserving is doubtful and as a final method to judge the project.
- k) Jars should be clean, not sticky.
- l) Dehydrated foods are exhibited in zip closure bags OR in a canning jar with ring and lid
- m) All exhibits must be labeled with information from any of the three categories of labels provided

Labels to be used:

FOOD PRESERVATION - CANNED

Date Preserved: _____

Processing Methods:

Pressure Canner **OR** Hot Water Bath **OR** Steam Canner
Hot Pack **OR** Cold Pack

Time: _____ Pressure: _____

Recipe Source: _____

FOOD PRESERVATION – FROZEN

Date Preserved _____

Blanching Time: _____ Pre-Treated: _____

FOOD PRESERVATION – DEHYDRATED

Date Preserved _____

Time: _____ Pre-Treated: _____

CLASS M - FOOD PRESERVATION, Gr. 3-4

Lot **Conference Judging**

60. Frozen Fruit (example: strawberry, peach, blueberry, etc.)-1 Cup
61. Freezer Jam of any kind-1 jar or container
62. Dehydrated Herb - ½ Cup
63. Dehydrated fruit -1 Cup
64. Dehydrated Fruit Leather, use any kind of fruit- minimum of 5 pieces

CLASS N - FOOD PRESERVATION, Gr. 5-6

- Lot** **Conference Judging**
70. Frozen vegetable- 1 jar or container
 71. Applesauce, frozen- 1 jar or container
 72. fruit using dehydrator (any kind)-1 Cup
 73. Dried Fruit Leather, two or more ingredients-
minimum 5 pieces
 74. Fresh Packed or Quick Process Pickles-1 jar
 75. Freezer Jam- 1 jar or container
 76. Jam made with Pectin-1 jar
 77. Salsa, Frozen or canned-1 jar
 78. Exhibit of 3 different spreadable fruit preserves
(may be a jam, jelly, preserve, conserve,
marmalade, chutney, or butter)

CLASS O - FOOD PRESERVATION, Gr. 7-9

- Lot** **Conference Judging**
90. Fermented/Cured Pickles- 1 jar
 91. Canned Salsa-1 jar
 92. Canned Fruit-1 jar
 93. Dehydrated Vegetable-1 Cup
 94. Dehydrated Meat-1 Cup
 95. Frozen Main Dish- served in a 9"x13" pan
 96. Canned Vegetable-1 jar
 97. Exhibit of 3 different spreadable fruit preserves
(may be a jam, jelly, preserve, conserve,
marmalade, or chutney or butter)

CLASS P - FOOD PRESERVATION, Gr. 10 and up

- Lot** **Conference Judging**
100. Canned Vegetable- 1 jar
 101. Spaghetti Sauce (no meat)-1 jar
 102. Canned Fruit -1 jar
 103. Fruit Pie Filling-1 jar
 104. Pickled Vegetable-1 jar
 105. Bread and Butter Pickle-1 jar
 106. Canned Tomatoes-1 jar

BAKED GOODS

Please see the Judging Schedule for date and time.

Baked Goods Rules and Instructions

- a) All exhibits must be homemade from scratch and the work of the exhibitor.
- b) Recipe **MUST** be stapled to the entry tag.
- c) All exhibits will be displayed on a Styrofoam plate in a zip lock bag. Baked goods may be brought in before 9:00 a.m. the day of judging.
- d) all entries must follow individual set rules

Premiums \$ 2.00 \$ 1.75 \$ 1.50 \$ 1.25

CLASS Q - BAKED GOODS, Gr. 3-4

- Lot** **Conference Judging**
110. Any cookie, plate of 3
 111. Muffins, any type, plate of 3
 112. Biscuits, plate of 3

CLASS R - BAKED GOODS, Gr. 5-6

- Lot** **Conference Judging**
113. Quick bread - any type - whole loaf – will be cut at judging
 114. Brownies – unfrosted, no nuts - baked in and exhibited in a 9x9 pan
 115. Any molded/cookie cutter cookie, plate of 3

CLASS S - BAKED GOODS, Gr. 7-9

- Lot** **Conference Judging**
- 116. Any rolled or pressed cookie, plate of 3 (unfrosted) (example pinwheel, krumkake, etc)
 - 117. Homemade yeast bread, whole loaf – will be cut at judging
 - 118. Dessert bars, any kind-baked in and exhibited in a 9'x9" pan

CLASS T-BAKED GOODS, Gr. 10 and up

- Lot** **Conference Judging**
- 119. Angel Food or sponge cake - will be cut at judging
 - 120. International/ethnic bread
 - 121. Yeast dinner rolls, display of 6
 - 122. Double crusted fruit pie, whole pie - will be cut at judging

CONSUMER SAVVY

Please see the Judging Schedule for date and time.

Premiums \$ 2.00 \$ 1.75 \$ 1.50 \$ 1.25

Consumer Savvy Rules and Instructions

- a) Exhibitors must be enrolled in the Foods or Consumer Savvy Project
- a) One entry per lot.
- b) Posters can be no larger than 14"x22", and displays can be no larger than 28"x40".
- b) Fair Association not responsible for any articles that are lost or stolen at the fair

CLASS U - CONSUMER SAVVY, Gr. 3-6

- Lot** **Level A**
- 130. Prepare a sample shopping list
 - 131. Spending habits log
 - 132. Comparing costs of similar products (example: name brand vs. generic)

CLASS V - CONSUMER SAVVY, Gr. 7-9

- Lot** **Level B**
- 140. What's the difference between need and want?
 - 141. What is it going to take to make a major purchase
 - 142. Setting your goals for the future (including cost and career choice)

CLASS W - CONSUMER SAVVY, Gr. 10 and up

- Lot** **Level C**
- 150. Knowing where products are manufactured
 - 151. Comparing local shopping ads
 - 152. True costs of owning a vehicle