

4-H DEPARTMENT

GENERAL RULES

1. The following are requirements for 4-H member participation:

- 4-H members must have been in the 3rd grade through the 12th grade and at least 8 years old on October 1, 2014. Exhibitors will use the grade they just finished (not the grade they are going into).
- Pre 4-H (Cloverbuds: K-2nd grade) are also eligible to exhibit at the county level only and will not be eligible for State Fair. Cloverbud exhibits are awarded a premium of \$4 per exhibit for participation.
- 4-H members must be enrolled in the project in which the exhibit is entered.
- 4-H members will be allowed to enter more than one exhibit per class, but no more than **one exhibit per lot** within the class. Exceptions to this rule are Food Preservation (3 bottles of different fruit and three bottles of different vegetables are allowed) and Gardening (may enter two exhibits in each lot but must be different varieties).
- 4-H members will be allowed an unlimited number of total entries.

2. Exhibits receiving an "Eligible for State Fair" sticker may be sent to the State Fair through the Extension office. If sending eligible exhibits to the state fair, they need to be at the Extension Office 12 noon on Tuesday, September 1, 2015. Exhibits receiving an "Eligible for State Fair" sticker can either be left or taken home for cleaning and remake (i.e. baked goods) and then brought to the Extension Office by the above date and time. Baked goods can also be frozen when made for the county fair and used for the State Fair if they win. Items taken to the State Fair will be available for pick up after September 23, 2015 at the Garfield County Extension Office. Items going to State Fair should follow State Fair 4-H Exhibit guidelines see below. If you have questions, please contact the Utah State University Garfield County Extension Office at (435)676-1113 or 55 South Main, Panguitch.

3. The following are requirements and information for exhibits:

- Posters must be 22" X 33" or smaller.
- Notebook binders must be 2 inches or smaller.
- Displays must be 4' X 4' or smaller and be free-standing.
- Collection boxes must be 325 square inches for bottom measurement or smaller and glass covers must open at the top or side of the box; the glass must be secured so that glass will not move when the box is properly displayed at the fair.
- Exhibits must have a completed exhibit card attached securely to it. Exhibits with more than one part must have an exhibit card attached to each part numbered 1 of 3, 2 of 3, 3 of 3, etc.
- Food items need to be of a quality to keep more than a week without refrigeration. Frozen food products are not acceptable. Do not send food items which will spoil quickly. Bread exhibits may be made by the traditional method or with a bread machine. Food will be sprayed after judging.
- Exhibits which are normally hung on the wall must provide some means for attachment to the wall (paintings, framed items, woodworking, wall-hangings, and articles using artificial or dried flowers).
- Exhibits must be well made so they are stable enough to be moved.
- Where display space is limited only selected articles may be shown.
- Baked products and gardening exhibits will not be returned without prior special arrangement.
- Items to be returned (hangers, pie pans, cake stands, etc.) must be marked with name of exhibitor and county.
- Please indicate if the item was made from a kit.
- Exhibits should not be school homework. If **part** of it was done in school, please include a note explaining what additional things the 4-H member did to make it also into a 4-H project.

DIVISION E - HEALTHY LIFESTYLE EDUCATION

CLASS E – HEALTHY LIFESTYLES EDUCATION - Please provide a notebook, poster or any other item or display that depicts your 4-H project in Healthy Lifestyles Education project. Please provide a brief description of the exhibit.

Lot 1: Healthy Relationships

Lot 2: Mental & Emotional Health

Lot 3: Physical Health

Lot 4: Food Safety

Lot 5: Nutrition Education

Lot 6: Safety

CLASS ECC - FOOD PRESERVATION

State Recommendations for County Fair Canning Guidelines

Many of the following requirements are based on SAFETY guidelines. ONLY those regarding presentation of exhibit or specific fair preferences are adaptable.

SPECIAL RULES FOR HOME CANNING

Canning rules are based on safe food preservation guidelines from approved sources (National Center for Home Food Preservation (NCHFP), USU Extension and Pacific Northwest Extension, USDA, and Ball Canning). See <http://nchfp.uga.edu> , canning.usu.edu , or www.freshpreserving.com

1. Only products of home kitchens are eligible.
2. Products entered must have been prepared (by the person entering them) since the last state/county fair. Older products will not be accepted.
3. All entries must be in clean, standard canning jars (e.g. no mayo jars) with new, single-use two-piece lids and rings.
4. A one-quart or pint jar constitutes an exhibit for fruit, vegetables or meat.
5. One standard-size canning jar constitutes an exhibit for preserves, conserves, pickles, and relishes based on recommendations from an approved recipe.
6. One pint or 1/2 pint jar with lid constitutes an exhibit for jellies and jams.
7. Exhibits should be canned using research-tested recipes, i.e., USDA, Ball, pectin brand name or NCHFP guidelines issued 2009 or later. Processing adjustments for altitude, time or pressure must be made and explained on entry label. Find your appropriate altitude adjustments by city: http://extension.usu.edu/juab/files/uploads/FCS/Utah_Altitude_Chart_by_City.pdf or by county: http://extension.usu.edu/juab/files/uploads/FCS/Utah_Altitude_Chart_by_County.pdf by following these provided links.
8. All fresh fruits, jams, jellies, pickles and relishes must be processed in a boiling water bath and properly sealed. Entries processed in a steam canner will not be accepted.
9. No frozen jams or wax seals will be accepted. The presence of mold disqualifies a product.
10. All meats and vegetables must be processed in a pressure canner.
11. The exhibitor is requested to loosen the ring on the jar (so judges can remove ring and examine the head space).
12. **REQUIRED:** All jars must be labeled with name of product, method (water bath or pressure), pack (hot or raw), length of processing time, pounds of pressure (if applicable), altitude, date, city, recipe source (see above) and when the dial gauge was last tested (Year) attached to the bottom of jar. If sweeteners other than sugar are used, include on label. Labels are available in advance from USU Extension Office or on their website (http://extension.usu.edu/juab/files/uploads/4-H/Fair/Recommended_Fair_Canning_Suggested_Canning_Label_merged.pdf)

Product: _____ Method: _____ Water Bath _____ Pressure Pack: _____ Hot _____ Raw Length of Processing Time: _____ Pounds (if pressured): _____ Altitude: _____ Date dial gauge was last tested: _____ Date/Year Processing Date: _____ City: _____ Source of Recipe: _____

Enter one (1) appropriate size jar with completed label on bottom of jar to include the information listed in the General Foods Preservation Rules above.

- Lot 1: Canned Fruits – limit of 3 bottles of different fruits
- Lot 2: Canned jam/jelly or a reduced sugar fruit spread (no freezer jams accepted)
- Lot 3: Canned vegetables – limit of 3 bottles of different vegetables
- Lot 4: Canned tomato product
- Lot 5: Salsa
- Lot 6: Canned pickles or pickled product
- Lot 7: Canned meats
- Lot 8: Canned combination product
- Lot 9: Dehydrated foods

CLASS ECD - FOOD PREPARATION

Food items must not require refrigeration. Must include recipe.

- Lot 1: Four baked cookies
- Lot 2: Four non-baked cookies
- Lot 3: Four bar cookies
- Lot 4: Four muffins
- Lot 5: Four brownies
- Lot 6: A square, oblong or round layer cake without frosting
- Lot 7: Invented snack
- Lot 8: Four pieces of candy
- Lot 9: A single or double crust baked fruit pie
- Lot 10: International/ethnic food product
- Lot 11: Table display on a country outlining food preferences, meal patterns, how nutritional needs are met, interesting customs, traditions
- Lot 12: Food for a special occasion-
- Lot 13: Table setting and centerpiece for special occasion **(For county fair use only)**
- Lot 14: Beginning recipes - 30 recipes legibly written or typed in file or book.
- Lot 15: Advanced recipes - 60 recipes legibly written or typed in file or book.
- Lot 16: Any other food preparation item or educational display

CLASS ECDB – BREADS

Food items must not require refrigeration. Must include recipe.

- Lot 1: Quick bread - one loaf
- Lot 2: Four pretzels
- Lot 3: Four baking powder biscuits
- Lot 4: Four breadsticks or yeast rolls (not a sweet roll)
- Lot 5: White bread
- Lot 6: Specialty grain (whole wheat, rye, oat)
- Lot 7: Sweet yeast bread or four sweet rolls
- Lot 8: International bread - one loaf
- Lot 9: Creative bread/Bread sculpture - one display, use of a bread machine or purchased frozen dough optional

CLASS ECDO - OUTDOOR COOKING

*Food items **must not** require refrigeration. Must include recipe.*

- Lot 1: Dutch Oven item (cake, cornbread, biscuits)
- Lot 2: Biscuits on a stick - 3 with sticks cut to fit large plate.
- Lot 3: Trail mix or appropriate snack item.



CLASS ECF - CAKE DECORATING

Exhibits of decorated cakes include:

- Lot 1: Single-layer (8 or 9 inch round or square or a 9 X 13 inch oblong) or cut-up with design applied with colored sugar, coconut, candies, etc.; all decorations must be edible. The round-plain, star and shell tips may be used but are not required.
- Lot 2: Character, 3D or doll with three different types of decorating tips used. Other edible items are allowed. A plastic doll or doll pick is allowed for doll cakes.
- Lot 3: Two-layer using at least 3 different types of decorating tips. Must include the round, star and leaf tips, but may choose other tips as well. Drop flowers and striping methods are acceptable.
- Lot 4: Two-layer 8, 9 or 10 inch, may be two tier without plates, using both drop or flat surface flowers and flowers made on a flat flower nail.
- Lot 5: Create your own project; suggestions include flowers made on a lily nail, figure piping, string work, tier cakes with separators and pillars.
- Lot 6: Decorated cake using Styrofoam or other non-edible frame.
- Lot 7: Decorated cake using Fondant.



CLASS ECG- DECORATED CUPCAKES

Exhibits of decorated cupcakes include:

- Lot 1: Design applied with colored sugar, coconut, candies, etc.; all decorations must be edible.
- Lot 2: Design using at least 3 different types of decorating tips. Must include the round, star and leaf tips, but may choose other tips as well.

UTAH STATE FAIR IS SEPTEMBER 10-20, 2015