

4-H Business/Entrepreneur and Finance

Superintendent: Open

Judging occurs the Saturday before Summer Fair in July

Rules

1. Members may enter 2 exhibits per class.
2. For State: Members may enter three classes, but only one exhibit per class.
3. All individual items included must be labeled with the member's name, class number and county.
4. A completed 4-H Exhibit card must be included as well as the Business/Entrepreneur Explanation Card (330-01). Exhibits will be evaluated using the Business/Entrepreneur Evaluation Sheet (330-02). All forms and supporting information are available on the 4-H State website.

Note: Fill in blank in class number (___) with corresponding number for Junior, Intermediate, or Senior

1 Junior

2 Intermediate

3 Senior

4. Team

330 100 00_ Product or service display – a “window” display including sample(s) of the product, portfolio, and/or display board featuring the product or service. Space allowed for the exhibit is 30” wide by 36” tall by 18” in depth.

330 200 00_ Business Plan – comprehensive plan for the business that includes: the business name, a description of the business, the business’ mission and goals, who the business is trying to reach (market), how you are selling (sales plan), and the financial plan (budget). Exhibit in binder-type system such as a three ring binder.

330 300 00_ Marketing Plan – compressive marketing plan that includes who your customer are, print materials such as business cards, flyers, brochures, audio scripts for radio, social media pages and/or other “virtual” media. No requirement on how to exhibit however the space allowed is 30” wide, 36” tall and 18” in depth.

330 400 00_ Social Entrepreneurship - A poster or virtual (video, PowerPoint, Prezi, etc.) display sharing your social entrepreneurship event, project, or business. Share how you identified a need/problem in your community, who your target customers are, how you filled the need or solved the problem and how you determined the best way to fill the need or solve the problem (including market A social entrepreneur is a person who establishes an enterprise with the aim of solving social problems or effecting social change. Examples include Toms, Baron Fig, Better World Books, and Adobe as well as the Globe Poverty Project, volunTEENnation.org, and One Earth Designs.

4-H Innovation and Creativity

1. Members may enter three exhibits per class.
2. This class is to share a creative or innovative exhibit that does not fit well in the project area's scripted classes. The idea behind this class is to have a way for members to share how they have expanded their knowledge and skills to include new learning from outside the project area which then is included in their project areas.
3. This exhibit may include a technological component to add another dimension to the project such as illumination or interactivity or uses science knowledge or skills to otherwise enhance the project. Examples: An illumination added to a sewn backpack for safety; a design "burned" into a woodworking project created by a reaction between electricity and a chemical compound.
4. For State: Intermediate and senior level members may enter up to three exhibits for this class.
5. All individual items must be labeled with the member's name, class # and county.
6. A completed 4-H Exhibit card must be included as well as the Innovation Explanation Card (310-01). Exhibits will be evaluated using the Innovation Evaluation Sheet (310-02). All forms are available on the 4-H State website.

310 100 001 Junior Innovation Class (county only)

310 100 002 Intermediate Innovation class

310 100 003 Senior Innovation class

4-H Clothing, Crocheting, Knitting, and Designing Spaces

Superintendent: Karen Foster

Judging occurs the Saturday before Summer Fair in July

1. Members may enter all classes, two exhibits per class. All exhibits must be in the same level.
2. For State Fair: Members may enter **four** exhibits in the construction classes but only two exhibits in any one class. They may also enter one exhibit in the creativity, costumes, hands-for-larger-service, and /or skills notebook. Senior and Intermediate members may also enter one exhibit in the Celebrate our World class. All exhibits must be in the same level.
3. Members may not enter the same garment or accessory in an exhibit class and in the fashion revue.
4. All items should be clean and in good repair.
5. Judging criteria are outlined in 4-H Sewing/Clothing Construction Evaluation Sheet (320-01), the 4-H Sewing/Clothing Creative Expression Evaluation Sheet (320-02), or the Skills Notebook Evaluation Sheet (320-96) which can be found at on the Oregon 4-H State website or through the county 4-H office.
6. Judging standards are listed in Measuring Up: Quality Standards for Sewn Items/Projects (PNW-197). **Each entry will be evaluated on ALL features.** For skill levels 1-6 the use of fabrics or skills that are beyond the recommendations for this level are expected to be done well according to the standards, but will neither be given extra credit consideration for increased difficulty nor disqualified during judging. It is in the best interest of the member to stay within the suggested guidelines. See [4-H Clothing Guidelines for Leaders: Basic, Expanding and Advanced Skills](#) (4-H 320-00L).

The 4-H **Clothing and Textile Exhibit Card** (320-04) requests information about the exhibit which is needed by the judge to thoroughly evaluate the exhibit. This card must be securely attached to each entry except Skills Notebook exhibits. **Securely** attach the standard 4-H Exhibit tag to exhibits in this class.

7. The Celebrate our World Explanation Card (998-03) is required for all exhibits in the Celebrate our World class. Hangers and/or garment bags are removed from exhibits prior to judging and might not be returned.
8. In addition to the 4-H Sewing/Clothing Exhibit Card, each garment or article in the construction classes must be labeled with the member's name, county, and project level. This label should be typed or printed in indelible pencil or ink on a piece of white fabric and sewn or fused onto the bottom inside of each piece.

Note: Fill in blank in class number (__) with corresponding number for Junior, Intermediate, or Senior age-level. The Advanced skill level is for Intermediate and Seniors only.

- 1 Junior**
- 2 Intermediate**
- 3 Senior**

Clothing and Textiles

- 320 301 10_ Creativity** An item or garment which has been enhanced through creative embellishment, fabric manipulation, or fabric creation; recycled items are included and may retain some seams/design of the original item as appropriate; exhibit must have been made by exhibitor
- 320 300 10_ Hands for Larger Service** This class is for members to share their learning and skills with others. Create an item or garment that will be given away to someone – primarily someone in need.
- 320 400 10_ Costumes** for celebrations, holidays, theater, or other use. Must include sewing, but may or may not also include other techniques in combination with sewing
- 320 500 10_ Skills Notebook** Notebook displaying samples of new sewing techniques learned during the project year. Include five new samples from the options listed on the Making a Skills Notebook factsheets (320-16-1 through 7).
- Samples should be at least 4” by 4” with each sample securely mounted on a separate 4-H Sewing Skills Sample form (320-16)
 - Each sample should include a complete explanation of the steps used for the construction process.
 - Place the five skill sheets to be judged in the front of the notebook with the exhibitor name, skill level and current project year clearly identified.

Celebrate our World

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture. The exhibit is to be inspired by the country of celebration. The Celebrate our World Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

- 320-800-111 Junior Celebrate our World inspired clothing/sewing project** (*county only*)
- 320-800-112 Intermediate Celebrate our World inspired clothing/sewing project**
- 320-800-113 Senior Celebrate our World inspired clothing/sewing project**

Basic Skills Level 1

Fabrics used for this level should be stable medium weight, firmly woven with minimal stretch (4 inches of fabric stretches to 4 ³/₄ inches or less)

- 320 101 11_ Garment or item showing cutting skills and/or hand sewing skills** made from firmly woven fabrics such as cotton, cotton/polyester blend, wool, wool blend or polar fleece (minimal stretch).
- 320 101 12_ Garment** made from stable, medium weight, firmly woven fabric such as cotton, cotton/polyester blend, wool, or wool blend or polar fleece (minimal stretch).
- 320 101 17_ Non-garment** such as a personal accessory, item for the home, or toy made from firmly woven fabrics (cotton, cotton/polyester blend, wool, wool blend) or **polar fleece** (minimal stretch).

Basic skills Level 2

Fabrics used in this level are stable medium weight fabrics and may have minimal stretch (4 inches of fabric stretches to 4 ¾ inches or less).

- 320 101 21_** **Garment** made from stable medium weight firmly **woven fabric** (cotton, cotton/polyester blend, wool, wool blend) or from non-bulky **knit fabric** or **polar fleece** with minimal stretch.
- 320 101 25_** **Outfit (2 or more pieces)** Each piece of the outfit may use one or more of the following fabrics: stable, medium weight, firmly **woven fabrics** **and/or** non-bulky **knit fabrics** with minimal stretch, **and/or polar fleece** with minimal stretch.
- 320 101 26_** **Non-garment** such as a personal accessory, an item for the home, for use in sports, picnics, camping or with animals, a toy, doll, or a garment or accessory made for them. All items should be made from firmly **woven fabrics** (cotton, cotton/polyester blend, wool, wool blend), non-bulky **knit fabric** with minimal or **polar fleece** (minimal stretch).

Basic Skills Level 3

At this level, the focus should be on improving skills learned in level 1 and 2 and **adding new skills**.
Fabrics used in this level may have up to moderate stretch (4 inches of fabric stretches to no more than 5 3/8 inches).

- 320 101 31_** **Garment** made from medium weight **woven fabric**, **knit fabric** or **polar fleece** all which may have up to moderate stretch.
- 320 101 34_** **Outfit (2 or more pieces)** Each piece of the outfit may use one or more of the following fabrics: medium weight **woven fabrics** **and/or knit fabrics**, **and/or polar fleece**; all fabrics may have up to moderate stretch.
- 320 101 35_** **Non-garment** such as a personal accessory, item for the home, a doll, toy or garment/accessories made for them, or items used in sports, picnics, camping or with animals from medium weight woven fabrics, knit fabrics, and/or polar fleece; all fabrics may have up to moderate stretch.

Expanding Skills Level 4

At this level, the focus should be on improving skills learned in previous levels and adding new skills.
Fabrics for this level include medium weight woven and moderate stretch (4 inches of fabric stretches to no more than 5 3/8 inches).

- 320 101 41_** **Garment** made from medium weight **woven fabric**, with or without nap, **knit fabric** or **polar fleece** all which may have up to moderate stretch.
- 320 101 44_** **Outfit (2 or more pieces)** Each piece of the outfit may use one or more of the following fabrics: medium weight **woven fabrics**, with or without nap **and/or knit fabrics**, **and/or polar fleece**; all fabrics may have up to moderate stretch.
- 320 101 45_** **Non-garment** such as a personal accessory, item for the home, a doll, toy or garment/accessories made for them, or items used in sports, picnics, camping or with animals from medium weight **woven fabrics**, with or without nap **and/or knit fabrics**, **and/or polar fleece**.

Expanding Skills Level 5

At this level, the focus should be on improving skills learned in previous levels and adding new skills.
Fabrics at this level include bulky and/or stretchy fabrics.

- 320 101 51_** **Garment** made from medium weight &/or bulky &/or stretchy **woven fabric**, knit fabric, or polar fleece which may be bulky or have any amount of stretch.

- 320 101 54_** **Outfit (2 or more pieces)** Each piece of the outfit may use one or more of the following fabrics: **woven** fabrics **and/or knit** fabrics, **and/or polar fleece**; all fabrics may have bulk &/or any amount of stretch.
- 320 101 55_** **Non-garment** such as a personal accessory, item for the home, a doll, toy or garment/accessories for them, or items used in sports, picnics, camping or with animals from medium weight &/or bulky &/ or stretchy woven fabric.

Expanding Skills Level 6

At this level, the focus should be on improving skills learned in previous levels and adding new skills. Fabrics at this level include bulky and/or stretchy fabrics as well as lightweight more care-in-handling fabrics.

- 320 101 61_** **Garment** made from medium weight &/or bulky &/or stretchy **woven** fabric, from a knit fabric or polar fleece which may be bulky or have any amount of stretch.
- 320 101 63_** **Garment** made from fine or light weight **woven** fabric, or woven fabrics which require more care in handling or pattern selection (satin, dupion, crepe de chine, taffeta, velour, tulle, and net).
- 320 101 66_** **Outfit (2 or more pieces)** Each piece of the outfit may use one or more of the following fabrics: **woven** fabrics **and/or knit** fabrics, **and/or polar fleece**; all fabrics may have bulk &/or any amount of stretch.
- 320 101 67_** **Non-Garment** such as a personal accessory, item for the home, toy, doll or garment and accessories made for the, or items used in sports, picnics, camping, or with animals; all from **woven** fabrics **and/or knit** fabrics, **and/or polar fleece**; all fabrics may have bulk &/or any amount of stretch.

Advanced Skills Levels 7/8/9

(Intermediates and Seniors only) all three levels exhibit together in class determined by description. At this level the focus should be on improving skills I learned in previous levels and adding new skills as they relate to various fabrics.

- 320 101 71_** **Garment or outfit** made from medium or heavy weight **woven** fabric (no tailoring techniques), or **knit** fabric or polar fleece which may be bulky or have any amount of stretch.
- 320 101 72_** **Garment or outfit** made from **woven** fabric using traditional tailoring methods, interfacing fusible and non-fusible methods to create a tailored look
- 320 101 74_** **Garment or outfit** made from **woven** fabrics, including fine and lightweight fabrics which require more care in handling or pattern selection (satin, dupion, crepe de chine, taffeta, velour, tulle, net, beaded or sequined fabrics, velvet, hand woven, double cloth, lamé, leather, lace, etc.).
- 320 101 77_** **Garment or outfit** made from fabric specifically designed for outerwear such as ripstop nylon, coated or uncoated outdoor fabrics.
- 320 101 78_** **Garment or Outfit** combining two or more of the above fabrics.
- 320 101 79_** **Non-Garment** such as a personal accessory, item for the home or for use in sports, picnics, camping, or with animals, or a toy, doll or garments or accessories made for them made from any fabric; all fabrics used should be appropriate for this level.

Crocheting

1. Member may enter all classes, two exhibits per class.
2. For State Fair: Members may enter three exhibits with no more than two exhibits per class in their skill level and one exhibit in the Hands for Larger Service class. Senior and Intermediate members may also enter one exhibit in the Celebrate our World class.
3. To qualify for judging, a fully completed 4-H Crocheting Exhibit Explanation card (370-01) must be thoroughly and thoughtfully completed and securely attached to exhibits. The Celebrate our World Explanation Card (998-03) is also required for all exhibits in the Celebrate our World class.
4. Refer to the “4-H Crocheting Project Member’s Guide” (4-H 962) for detailed information on specific skills to be learned in each phase. A pair of gloves, slippers, etc., is considered one article. Swatches are not acceptable.
5. The judging criteria is outlined on the 4-H Crocheting Check Sheet (370-02) and can be found along with the required Explanation Cards at the county Extension office or at the Oregon 4-H website.
6. Each garment or article **must be labeled with the member’s name, county and project level**. This label should be typed or printed in indelible ink on a piece of white fabric and sewn in or written with indelible ink on painters tape and placed where it can do the least amount of damage. This label is in addition to the 4-H exhibit tag.

Basic Skills (Phase 1)

One article showing one of more of the following stitches: chain stitch, single crochet, double crochet, or slipstitch.

370 100 11_ Wearable—garment or personal accessory (hat, purse, belt, gloves, etc.)

370 100 12_ Non-wearable—toys or items for the home (coasters, doilies, pillows, holiday decor, etc.)

Expanding Skills (Phases 2, 3, 4 & 5)

One article showing one or more of the following stitches: treble crochet, double treble, v stitch, open or filet mesh open or filet mesh, block or solid mesh, long single stitch, shell stitch, shell stitch variation, waffle (or rib) stitch, picot (Irish crochet), cluster, popcorn, star, puff stitch, Tunisian crochet, afghan stitch, hairpin lace, broomstick lace, other stitches made over a space hold tool. Stitches may be used in combination with stitches learned in a previous level.

370 100 31_ Wearable—garment or personal accessory (hat, purse, belt, gloves, etc.)

370 100 32_ Non-wearable—toys or items for the home (coasters, doilies, pillows, holiday decor, etc.)

Advanced Skills (Phase 6)

For intermediates and senior level members): One article showing skills learned. Select from the following options: Crocheting combined with fabric or leather, Item made from member’s original design (include written instructions with exhibit), Item using difficult yarns, or is a large or advanced project.

370 100 61_ Wearable—garment or personal accessory.

370 100 62_ Non-wearable—toys or items for the home.

Hands for Larger Service (all levels)

This class is for members to share their learning and skills with others-- primarily with someone in need.

370 300 10_ Hands for Larger Service

Celebrate our World

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture.

The exhibit is to be inspired by the country of celebrations and the Celebrate our World Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

370 800 111 Junior Celebrate our World inspired crochet project (*county only*)

370 800 112 Intermediate Celebrate our World inspired crochet project

370 800 113 Senior Celebrate our World inspired crochet project

Knitting

1. Members may enter all classes, two exhibits per class.
2. Knitting has two divisions of exhibit classes based on the techniques used: Knitting with needles and Knitting with looms and boards. (Felted Knitting projects are to be entered in the Fiber Arts Division.)
3. For State Fair: members may enter up to a total of **three** exhibits based on their skill level and one exhibit in the Hands for Larger Service class. Senior and Intermediate members may also enter one exhibit in the Celebrate our World class. The exhibits may be any combination of divisions but within each division the classes must be in a single skill level (Basic, Expanding or advanced). No more than 2 exhibits per class.

To qualify for Judging, a fully completed 4-H Knitting Exhibit Explanation card (360-01) for the skill classes and also the Celebrate our World Explanation Card (998-03) for Celebrate our World exhibits must be thoroughly and thoughtfully completed and securely attached to the exhibit. Forms are available from the Extension office or the state 4-H website.

4. Judging criteria is outlined on the 4-H Knitting Check Sheet (360-02). All evaluations forms are available from the county Extension office or at website above.
5. A pair of mittens, slippers, socks, etc, is considered one article. The two pieces of the pair should be temporarily but securely attached to each other. Swatches are not acceptable as exhibits.
6. In addition to the 4-H exhibit tag, **each garment or article must be labeled with the member's name, county and project phase or level.** This label should be typed or printed in indelible pencil or ink on a piece of white fabric (or muslin) and sewn or safety pinned to the article.

KNITTING WITH NEEDLES

Basic Skills (Phase 1)

One article showing one or more of the following skills learned, (cast-on, knit, purl, bind off, and overcast seam)

- 360 100 11_** **Wearable** – garment or personal accessory (hat, purse, bag, scarf, etc)
360 100 12_ **Non-wearable** – toys or items for the home (pillow, holiday decoration, potholder, washcloth, blanket, etc)

Expanding Skills
(Phase 2, 3, 4 and 5)

One article showing ribbing, stockinette stitch, increase, decrease, & other seams, pick-up stitches, one article showing a pattern stitch, or one article showing mixed colors (Fair Isle pattern or bobbin knitting - no stripes)

- 360 100 31_** **Wearable** – garment or personal accessory (hat, purse, bag, scarf, etc)
360 100 32_ **Non-wearable** – toys or items for the home (pillow, holiday decoration, potholder, washcloth, blanket, etc)

Advanced Skills
(Phase 6 for intermediates and seniors only)

One article showing skills learned. Select from the following options: Knitting with four needles, Knitting combined with fabric or leather, Knitted lace attached to article, items made using multiple stitches, difficult yarn, or is a large or advanced project, or Item made from member's original design (include written instructions with exhibit).

- 360 100 61_** **Wearable** – garment or personal accessory (hat, purse, bag, scarf, etc)
360 100 62_ **Non-wearable** – toys or items for the home (pillow, holiday decoration, potholder, washcloth, blanket, etc.)

KNITTING WITH LOOMS AND BOARDS

Basic Skills

One article using beginning skills such as: Cast on, e-wrap [twisted knit stitch], gathering or flat removal method, simple stripe color changes, flat or tubular shapes

- 360 200 11_** **Wearable** – garment or personal accessory (hat, purse, bag, scarf, etc.)
360 200 12_ **Non-wearable** – toys or items for the home (pillow, blanket, etc.)

Expanding skills

One article showing skills in addition to the beginning skills such as: alternate cast on methods-crochet-on, cable cast on; purl stitch, knit stitch, garter stitch, ribbing, increasing, decreasing, adding or joining tubes, combination round and flat shaped items

- 360 200 21_** **Wearable** – garment or personal accessory (hat, purse, bag, scarf, socks, slippers, mittens, sweater, etc)
360 200 22_ **Non-wearable** – toys (puppet, doll, stuffed animal, doll sweater) or items for the home (pillow, blanket, afghan, etc.)

Advanced skills

Intermediates and seniors only. designs using multiple color(s), seed stitch, rice stitch, moss stitch, box stitch, single chevron, cables, basket weave or checkerboard patterns, creating eyelets or holes

- 360 200 31_** **Wearable** – garment or personal accessory (hat, purse, bag, scarf, etc)
360 200 32_ **Non-wearable** – toys or items for the home (doll, stuffed animal, pillow, afghan, etc)

Hands for Larger Service
(all levels)

This class is for members to share their learning and skills with others--primarily with someone in need.

Create an item or garment that will be given away to someone in need.

360 300 10_ knitted item or items to be donated to someone in need

Celebrate our World

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture.

The exhibit is to be inspired by the country of celebration. The Celebrate our World Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

360 800 112 Junior Celebrate our World inspired knitting project (county only)

360 800 112 Intermediate Celebrate our World inspired knitting project

360 800 113 Senior Celebrate our World inspired knitting project

Designing Spaces

1. Members may enter all classes, two exhibits per class.
2. Members are encouraged to enter Educational Displays under the *Communications* division, enter Science experiments under the *Science* division (i.e. compare energy use with different types of lighting, water efficient products, use of landscape to heat or cool homes), and enter career exploration, hands for larger service, community outreach projects using designing spaces skills under the *Citizenship and Leadership* division.
3. For State Fair: Members may enter up to three classes, one exhibit per class. Seniors and Intermediates may also enter one exhibit in the Celebrate our World class.
4. In the Designing Spaces project, items produced by the 4-H member are developed within the context of the over-all design/plan of a specific location. The classes align with the four elements of designing a space: designing a room, furnishing a room, finishing a room, and creating a healthy room environment.
5. Judging criteria are outlined on the appropriate evaluation form: *Furnishing & Finishing Designing Spaces (340-01)* and *Designing and Making Healthy Designing Spaces (340-02)*.

To qualify for judging, a 4-H Designing Spaces Exhibit Explanation card must be attached. For Celebrate our World exhibits a Celebrate our World Explanation Card (998-03) must also be included. The explanation cards and evaluation sheets are available in county Extension offices or on the State 4-H website.

6. In addition to the exhibit tag, each piece of an exhibit **must be labeled on the back or bottom with the member's name, county, and exhibit class number.**

Designing a Space

340 100 11_ Design board for a room. Include: color scheme, wall treatment, floor treatment, window treatment, etc OR floor plan for a room. Posters, 24 x 30, or multimedia presentation (on CD). Show what you learned with before and after pictures or diagrams, samples, story, cost comparisons, optional arrangements, etc.

Furnishing a Space

The functional items to furnish a room are made from new, recycled or refurbished items for a specific location, described in details on the explanation card and include a photo or sketch showing the exhibit in the space.

- 340 100 12_** Organizational/storage item for the furnishing of a room.
- 340 100 13_** Functional textile item for the furnishings of a room, ie. curtains, rug, quilt.
- 340 100 14_** Furniture item to furnish a room.

Finishing a Space

These finishing touches for a room are made from new, recycled or refurbished items for a specific location, described in detail on the explanation card and include a photo or sketch showing the exhibit in the space.

- 340 100 15_** Accessory for the walls of a room.
- 340 100 16_** Accessory for the furnishings of the room (bed, dresser, etc.)
- 340 100 17_** Accessory for seasonal use in a room.
- 340 100 18_** Accessory for outdoor use.

Making a Healthy Space

340 100 19_ Problem solving for a space. Identify a problem (as problem windows, storage needs, inconvenient room arrangement, cost comparison, energy conservation, waste management, etc.) Using poster, notebook, multimedia presentation or other method, describe the problem and how it was solved.

Celebrate our World

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- 340 800 111** **Junior Celebrate our World Designing Spaces** (*county only*)
- 340 800 112** **Intermediate Celebrate our World Designing Spaces**
- 340 800 113** **Senior Celebrate our World Designing Spaces**

4-H Food & Nutrition

Superintendent: Cheri Biskeborn

Judging occurs the Saturday before Summer Fair in July

Note: See Contests section for information on Food Preparation Contests and Mini-Meal Contest

1. Members may enter all classes, two exhibits per class.
2. For State Fair: Each member may enter up to **three** classes within the Level they are in, one exhibit per class and Celebrate our World.
3. All foods entered must be made by the exhibitor.
4. For the recipe of the year classes, the State Fair's year is used to determine if it is an even or an odd year.

Exhibit ingredients:

- Exhibits must be suitable for keeping at the fair without excessive spoilage or change of appearance. Highly perishable foods are not acceptable. Highly perishable foods include, but are not limited to cream cheese, custard fillings, and meats of any type.
- Ingredients that the 4-H member cannot legally purchase, such as beer, whiskey, rum, etc. may not be used in any recipe or foods exhibit. Exhibits that include alcohol in the recipe will be disqualified. This includes menu and recipe file exhibits.
- Commercial mixes cannot be exhibited except as an ingredient in a product.

Preparation of exhibit:

- Exhibits must be displayed on a disposable plate and in a self-sealing bag.
- Exhibits must include the **recipe** and a menu for **one meal** including the food item (exception for cookies and Cereal Marshmallow Bars). Recipes for food products should include all information given on the *Exhibit Recipe Card* (511-00) format. The recipes will not be returned to the exhibitor.
- When alternative ingredients are used, these are to be underlined on the recipe.
- Exhibits in the Celebrate our World class must also include the Celebrate our World Explanation Card (998-03)

Judging criteria are outlined on the appropriate evaluation form: Cookie Evaluation Form (511-01), Cereal Marshmallow Bars Evaluation Form (511-02), Recipe Collection Exhibit Evaluation Form (511-03), Muffin Evaluation Form (511-04), Quick Bread Evaluation Form (511-05), Coffee Cake Evaluation Form (511-06), Scone Evaluation Form (511-07), Shortened Cakes Evaluation Form (511-08), Yeast Breads and Dinner Rolls Evaluation Form (511-09), Focaccia Bread Evaluation Form (511-10), Sponge and Foam Cakes Evaluation Form (511-11), Pie Shell Evaluation Form (511-12), Special Pastries Evaluation Form (511-13), Food Gift Package Evaluation Form (511-14), Biscuit Evaluation Form (511-15), and Career/Interview Evaluation Form (511-16) all available from the county Extension office or on the at the State 4-H website.

Note: Fill in blank in class number (__) with corresponding number for age levels:

1 Junior

2 Intermediate

3 Senior

The level you choose to exhibit in depends on the amount of cooking and baking experience you have. Curriculum books for each skill level are available at your local extension office.

A general guideline would be:

Basic Skill Level 1: 1-2 years of experience

Basic Skill Level 2: 2-4 years of experience

Basic Skill Level 3: 4-5 years of experience

Basic Skill Level 4: 5+ years of experience

Basic Skills Level 1: Cooking 101 & Baking 1

511 110 00_ : Recipe of the Year Class: Exhibit three individual items.

Even Years: Healthy Carrot Cake Cookies - must use OSU Food Hero recipe which can be found on the 4-H State website.

Odd Years: Baking Powder Biscuits – must use recipe from Baking 1, page 13 or visit the 4-H State website.

511 110 01_ : Cookies. Exhibit three cookies. No frosting, icing, or glaze.

511 110 02_ : Cereal Marshmallow Bars Exhibit three bars. No frosting, icing or glaze.

511 110 03_ : Muffin. Muffin method of mixing generally means that the fat is in a liquid form (like oil) and all liquids are added to the dry ingredients with a minimum amount of stirring. Exhibit three muffins. No frosting, icing, or glaze.

511 110 04_ : Biscuit. Biscuit method of mixing generally means that the fat is semi-solid (like butter/shortening) and cut into the dry ingredients before liquid is added. The dough may be beaten or kneaded for a few strokes. Exhibit three biscuits. No frosting, icing, or glaze.

511 110 16_ : Muffin. Baked Food Product reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit two three muffins. No frosting, icing, or glaze.

Basic Skills Level 2: Cooking 201 and Baking 2

511 120 00_ : Recipe of the Year Class: Exhibit three individual items or ¼ of a large item. Recipes can be found on the State website.

Even Years: Let's Bake Corn Bread – must use recipe from Baking 2, page 37.

Odd Years: Scones - must use recipe from Cooking 201, page 51.

511 120 01_ : Cookies. Exhibit three cookies. No frosting, icing, or glaze.

511 120 02_ : Basic Nut Bread. Exhibit ¼ of loaf. No frosting, icing or glaze.

511 120 03_ : Non-Yeast Coffee Cake. Coffee cake is to be made with a muffin method of mixing. Muffin method of mixing generally means that the fats in a liquid form (like oil) and all liquids are added to the dry ingredients with a minimum amount of stirring. Exhibit ¼ of the cake. No frosting, icing, or glaze.

511 120 04_ : Scone. Scone is to be made with a biscuit method of mixing. Biscuit method of mixing generally means that the fat is semi-solid (like butter/shortening) and cut into the dry ingredients before liquid is added. The dough may be beaten or kneaded for a few strokes. Exhibit three scones. No frosting, icing, or glaze.

511 120 16_ : Quick Bread. Baked Food Product reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit ¼ of a large item.

Expanding Skills Level 3: Cooking 301 & Baking 3

511 130 00_ : Recipe of the Year Class: Exhibit ¼ of the item. Recipes can be found on the State website.

Even Years: Basic Bread; must use recipe from Cooking 3, page 41

Odd Years: Dakota Bread; must use recipe from Baking 3, pg. 22. (Note: ½ cup of whole wheat flour is missing from an older version of the curriculum. Please add this if it is missing.)

511 130 01_ : Shortened Cakes (cakes with fat). No commercial mixes; No fillings or toppings (i.e., frosting, icing, glaze, powdered sugar, fruit or nuts). Exhibit three individual items or ¼ of a large item.

511 130 02_ : Basic Dinner Rolls. Maybe shaped into cloverleaf, crescent, knot, bun, bread stick or any other type of roll. Exhibit three rolls.

511 130 03_ : Yeast Bread product, plain dough using all white flour. Exhibit ¼ of a loaf.

511 130 04_ : Yeast Bread product, plain dough using all whole wheat flour. Exhibit ¼ of a loaf.

511 130 05_ : Yeast Bread product, plain dough using an alternative grain. Exhibit ¼ of a loaf.

511 130 06_: Yeast Bread product, plain dough using a combination of flours. Exhibit ¼ of a loaf.

511 130 07_: Yeast Bread product (using any type of flour) with added non-perishable ingredients (ie. herbs, nuts, dried fruit, etc.) Exhibit ¼ of a loaf.

511 130 08_: Family Food Traditions. Any baked item associated with family tradition and heritage. Entry must include a) recipe, b) tradition or heritage associated with preparing, serving the food, and c) where or who the traditional recipe came from. Exhibit at least ¼ of baked product or three muffins, cookies, pita, tortillas, etc.

511 130 16_: Yeast Bread. Baked Food Product reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit three individual items or ¼ of a large item.

Advanced Skills Level 4: Cooking 401 & Baking 4

511 140 00_: Recipe of the Year Class: Exhibit ¼ of the item. Recipes can be found on the State website.

Even Years: Rosemary Focaccia Bread (must use recipe from Cooking 401, pg. 22)

Odd Years: Single Pie Crust (must use recipe from Baking 4, pg. 21).

511 140 01_: Foam Cakes (Angel Food, Sponge, Chiffon). No commercial mixes; no fillings or toppings (i.e., frosting, icing, glaze, powdered sugar, fruit or nuts). Exhibit three individual items or ¼ of a large item.

511 140 02_: Focaccia Bread. Exhibit ¼ of item.

511 140 03_: Yeast Bread product, plain dough using all white flour. Exhibit ¼ of a loaf.

511 140 04_: Yeast Bread product, plain dough using all whole wheat flour. Exhibit ¼ of a loaf.

511 140 05_: Yeast Bread product, plain dough using an alternative grain. Exhibit ¼ of a loaf.

511 140 06_: Yeast Bread product, plain dough using a combination of flours. Exhibit ¼ of a loaf.

511 140 07_: Yeast Bread product (using any type of flour) with added non-perishable ingredients (ie. herbs, nuts, dried fruit, etc.) Exhibit ¼ of a loaf.

511 140 08_: Yeast Bread product using special shaping. Exhibit two individual items or ¼ of a large item.

511 140 09_: Speciality Pastry. Baked items such as pie tarts, puff pastry, phyllo doughs, scones, biscotti, choux, croissants, danish, strudels. Phyllo dough must be made from scratch. Pastries made with cream or egg based fillings will be disqualified. Exhibit three individual items.

511 140 16_ : Baked Food Product (from any exhibits in Level 4) reflecting alternative dietary choices. Recipe for the food product has been chosen specifically to address choices or altered significantly to now reflect needs for an alternative diet, such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit three individual items or ¼ of a large item.

All Skill Levels

Cooking Up a Career (Moved from level 3)

511 444 03_ : Cooking Up a Career. Find someone you know who works in a catering business, local restaurant, health care food service, food scientist, works as a Registered Dietitian, or any other food or nutrition related industry. What do they do? How much education do they need? Why did they choose this profession? What is the most enjoyable thing about their chosen profession? Maximum of two pages, one sided write up of an interview. Consider creativity and neatness. Mount on a 9" X 12" colored paper or poster board, or display in clear plastic 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.

Gift Package

511 140 14_ : A Gift Package with homemade foods featuring up to five Pacific Northwest products. At least two foods must be made by the exhibitor and feature Pacific Northwest products. Gift package can be in a box or basket not to exceed 18" x 24". Exhibit must include a breakdown of costs incurred in preparing the gift package, including items on hand or recycled. Baked items should be at least two of a small or one-quarter of a large food. Include recipes on 5" x 8" card or paper. Include to whom the gift is intended and for what occasion. Criteria for judging will include creativity, cost (value), food safety, and nutrition.

Favorite Recipe Collection

Write current year in upper right hand corner of each recipe. **Cards or recipes must be in front of file or designated (paper clips, tabs, etc.) throughout the collection for ease in judging.** Pen, pencil, typed, or printed is acceptable as long as required elements are on the recipe. Recipe collection can be in a file box or in recipe book form. Follow specific guidelines on check sheet. Adding decorative items to recipes is optional and is not a part of the judging process.

511 300 111: Junior – collection with five recipes (1 breakfast, 1 lunch, 1 dinner, and 2 free choice) of foods you have prepared, using ingredients grown in the Pacific Northwest. Of these five recipes, 3 need to feature fruits, vegetables, 1 is to feature grains, and 1 features protein (meat, poultry, seafood, beans, eggs, nuts, or seeds).

511 300 112: Intermediate - Collection with ten recipes of foods you have prepared. Two recipes should feature a source of protein, two recipes should include a variety of grain products, 3 need to have vegetables as the focus, 2 feature fruit, and 1 is free choice. The recipes need to include three food items appropriate for each of the basic three meals: Breakfast (such as smoothies, baked items, or pancakes/waffles/toasts), lunch (such as sandwiches, soups, and wraps) and dinner (such as casseroles, side dishes, and salads) menus. The remaining recipe is totally free choice.

511 300 113: Senior – collection with fifteen recipes of foods you have prepared. Six recipes should be vegetable and/or fruit recipes, four should be protein based (poultry, fish, meat or other protein dishes), four should be grain based, and one can be free choice (no restrictions). Five of these recipes should be one-pot meals using or demonstrating knowledge of various kitchen appliances (examples: microwave, wok, slow cooker, pressure cooker).

Candy Making

1. County only division. Entries are not eligible for State Fair.
2. Include recipe on 5" x 8" card or paper.
3. All candy must be made by exhibitor.
4. Four samples of each candy recipe and no more than two entries per class.

514 160 01_ Coated Dandies* (Dipped – like Cake Balls, or Glazed, Sugared, etc.)

514 160 02_ Fudge*

514 160 03_ Brittle*

514 160 04_ Popcorn* (Balls and Loose)

514 160 05_ Other* (Sucker, Bars, Divinity, Caramels, Taffy, etc.)

* Not eligible for State Fair

Food-in-a-Jar

51170001_ Cookies In A Jar* – Decorate a clear plastic or glass container using a holiday, special occasion, or the current fair theme and fill it with a minimum of 5 varieties of homemade cookies. Must bring recipe and a baked sample of the cookie. Entries will be judged on the originality of container and quality of cookies.

51170002_ Baked Mix in a Jar* – Layer dry ingredients of your favorite home-made baked food mix in a decorated quart jar. Must bring recipe and small baked sample from the mix. Entries will be judged on the originality of container and quality of baked sample.

* Not eligible for State Fair

Celebrate Our World

To celebrate the diversity in our world, each year the Oregon 4-H project areas will focus attention on the cultures of a different country or region of the world. This special emphasis allows members to focus on learning about the country/region and the skills and techniques unique to that culture. The exhibit is to be inspired by the country of celebration. The Celebrate our World Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

511 800 112 Junior Celebrate World*

511 800 112 Intermediate Celebrate our World

511 800 113 Senior Celebrate our World

* Not eligible for State Fair

4-H Food Preservation

Superintendent: Cheri Biskeborn

Judging occurs the Saturday before Summer Fair in July

1. Members may enter all classes, two exhibits per class.
2. For State Fair: Members may enter **four** classes and up to two different exhibits per class. Intermediate and Senior member may also enter an exhibit in the Celebrate our World class.

Members must use current OSU approved or USDA preparation and processing recommendations for preserved foods. Current OSU approved publications can be found on the State website.

3. Current USDA recommendations can be located on the internet at http://nchfp.uga.edu/publications/publications_home.html or <http://nchfp.uga.edu/> The *Ball Blue Book* copyright 2009 or newer, *So Easy to Preserve* Book, pectin package inserts, or pectin product websites are also approved sources.
4. All products, including all preserved products in gifts packs, must have a 4-H Food Preservation Explanation Card (512-07) with complete information and instructions/recipe. Entries in the Celebrate our World classes must also include the Celebrate our World Explanation Card (998-03). Explanation Cards are available at the county Extension office or on the State 4-H website.
5. In addition, all containers must have label or tape with member **name, county, class number**. Label should be placed on the bottom of the container or location not to interfere with allowing the judge to see contents. Incomplete labeling may result in disqualification.
6. Include jar rings on all canned products. Be sure all jars are properly sealed. Unsealed jars will be disqualified. For judging reasons, use clear jars only.
7. Jars may be opened during the judging process. For this reason **we strongly urge you to use smaller jars for your fair exhibits**. Suggested are 4 oz. jars for jams and jellies, half pints & pint jars for other products. Larger jars will be accepted, but food may be wasted as any opened jars may be emptied before returning after fair. Tip: Bring two exhibits to the county fair, one for county judging and one to come to state fair (if chosen).
8. Dried foods should be exhibited in jars or sturdy plastic bags, with labels securely attached.
9. Make sure to follow the approved processing times listed for your product.

Judging criteria are outlined on the 4-H Canned Fruit and Vegetable Check Sheet (512-04), 4-H Canned Meat and Fish Check Sheet (512-05), 4-H Dried Foods Check Sheet, 4-H Jam Check Sheet (512-01), 4-H Jelly Check Sheet (512-02) and 4-H Pickles and Relishes Check Sheet (512-03), 4-H Flavored Vinegar Evaluation Sheet (512-08), 4-H Canned Broth Evaluation Sheet (512-09), and 4-H Gift Pack Check Sheet (512-08) available at the county Extension office or on the State 4-H website.

Note: Fill in blank in class number () with corresponding numbers for age levels:

1 Junior

2 Intermediate

3 Senior

Junior Division

Members in this division can choose to exhibit any of the products listed below by placing a “1” in the last digit of the class number. May enter three classes, only one exhibit per class number. Underlined items are suggested as beginning exhibits for first year juniors.

- 512 111 02_ **Canned tomato based products** such as tomatoes, tomato sauce, tomato or tomato/vegetable juice, ketchup, or salsa. One jar processed in a boiling water canner.
- 512 111 05_ **Canned fruit based products** such as fruit sauce (no thickener added), pie filling (thickened with Clear-Jel), fruit or berries, or salsa. Jars must be sealed by processing in a boiling water canner.
- 512 111 06_ **Relish.** One jar of relish. Jars must be sealed by processing in a boiling water canner. Examples include cucumber relish, zucchini relish, corn relish and chutneys, other chopped fruit and vegetable based products that include acidification.
- 512 111 10_ **Cooked jam or jelly.** One jar using commercial pectin. Jars must be sealed by processing in a boiling water canner.
- 512 111 12_ **Quick cucumber pickles.** One jar of cucumber, fruit or vegetable quick pickles. Jars must be sealed by pasteurization or processing in a boiling water canner.
- 512 111 15_ **Dried fruits, vegetables, herbs, or fruit leather.** Exhibit ¼ - ½ cup of dried fruit or vegetable pieces, herbs or four 1” wide rolls of one flavor fruit leather.
- 512 111 18_ **Dried herb seasoning combination.** About ¼ cup of dried herb seasoning combination.
- 512 111 19_ **Flavored Vinegars.** One jar of flavored vinegar using commercial vinegar and flavor added through the use of herbs, fruits, vegetables and/or spices.
- 512 111 301 **Gift pack.** One gift package including **two** different products from Junior Division of preservation methods. Each preserved product must have a 4-H Food Preservation Explanation card. The gift pack may also include products made or purchased by exhibitor to complete the theme. Indicate for whom the gift is intended and for what occasion. (Example: A housewarming gift for new neighbors.)

Intermediate & Senior Division

Members in these divisions can choose to exhibit any of the products listed under the Junior division, except Gift pack, by placing a “2” in the last digit of the class number for Intermediates

or a “3” in the last digit of the class number for Seniors. They can also choose from any of the following exhibits.

- 512 111 20_ Canned Broth.** One jar of canned broth (liquid only, no meat or vegetable pieces) processed in a pressure canner.
- 512 111 21_ Cooked jelly or jam, syrup or juice.** All must be made from juice the member has extracted. Jam or jelly can be made with or without commercial pectin. One jar. Jars must be sealed by processing in a boiling water canner.
- 512 111 24_ Fermented pickles or sauerkraut.** One jar of fermented (brined) pickles or sauerkraut. Jars must be sealed by processing in a boiling water canner.
- 512 111 25_ Canned vegetables or tomatoes.** One jar of canned vegetables or tomatoes processed in a pressure canner.
- 512 111 26_ Canned meat, poultry or fish.** Fish products should be exhibited in pint or half pint jars. One jar processed in a pressure canner.
- 512 111 28_ Canned combination dish.** One jar of canned combination dish processed in a pressure canner. Examples include chili, soup, baked beans, etc.
- 512 111 29_ Dried meat or poultry jerky.** Four 1 inch by 3 inch pieces of one type of jerky. Meat jerky (beef, venison or poultry) should follow the recommendations for preparation in Making Jerky at Home Safely, PNW 632, May 2012.
- 512 111 302 Intermediate Gift pack.** One gift package including **three** different preserved products. Use two or more preservation methods. Methods from the junior and intermediate/senior divisions may be used. Each preserved product must have a 4-H Food Preservation Explanation Card. The gift pack may also include products made or purchased by exhibitor to complete the theme. Indicate for whom the gift is intended and for what occasion.
- 512 111 303 Senior Gift pack.** One gift package including **three or more** different preserved products. Use two or more preservation methods. Methods from the junior and intermediate/senior divisions may be used. Each preserved product must have a 4-H Food Preservation Explanation Card. The gift pack may also include products made or purchased by exhibitor to complete the theme. Indicate for whom the gift is intended and for what occasion.

Celebrate Our World

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512 800 112 Intermediate Celebrate our World inspired gift pack exhibit

512 800 113 Senior Celebrate our World inspired gift pack exhibit

