

2024

Sections include:

- ❖ **Clothing and Textiles**
- ❖ **Foods and Nutrition**
- ❖ **Food Preservation**
- ❖ **Table setting Contest**

The country of celebration for this year's **Celebrate our World** exhibits is **Central America**, which includes the following countries:

Belize, Costa Rica, El Salvador, Guatamala, Honduras, Nicaragua, and Panama.

Clothing and Textiles

Members may enter up to **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. Members may not enter the same garment or accessory in an exhibit class and in the fashion revue. All items should be clean and in good repair.

Judging criteria are outlined in 4-H Clothing and Textile Construction Evaluation Sheet (320-01), the 4-H Clothing and Textile Creative Expression and Costume 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.

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 members 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.

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.

In addition to the 4-H Clothing and Textile 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

BEGINNING SKILLS: SEWING LEVEL 1

Exhibits should follow the [4-H Project Guidelines For Leaders](#) resource information and recommendations for this level.

Fabrics used for this level must be stable medium weight, firmly woven fabrics (cotton, cotton/polyester blend, wool, wool blend), and felt.

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- 320 101 11_ **Cutting-** Personal accessory or item for the home showing cutting skills and/or hand sewing skills (no machine) made from firmly woven fabrics Cutting skills items include: cut-and-tie fleece blankets, pillows, ponchos, scarves. Hand-sewn items: pincushion, needle holder, beanbags, ornaments, etc.
- 320 101 12_ **Hand Sewing** -Constructed item, accessory, or toy sewn that is all sewn by hand. (does not include items that include zippers, or linings at this level)
- 320 101 13_ **Non-garment item** demonstrating machine sewing straight seams, square corners, curved seams, casings, pressing, and/or hems. Items such as (but not limited to): simple stuffed flat toy, beanbags, potholder, book cover, tote bag, pillowcase, pillow, receiving blanket, placemats, etc. using recommended fabrics for this level.
- 320 101 14_ **Garment or personal item with casing-** Exhibit demonstrating skills in correctly sewing a casing (for draw string or elastic) and one or more of the following: straight or curved seams with appropriate seam finish, pressing, reinforcing crotch seams, casings sewn on top and bottom and /or hem. Items include Apron, mask, pull-on or wrap pants, skirt, shorts, etc.
- 320 101 15_ **Garment without casing-** Exhibit demonstrating skills in correctly machine and/or hand sewing straight or curved seams with appropriate seam finishes, pressing, and hem. Items include cape, simple pullover jumper, buttonless vest, etc.

BASIC SKILLS: SEWING LEVEL 2

The projects should show any of the level 1 skills in addition to *4-H Project Guidelines For Leaders* recommendations for levels 2-3. Fabrics used in this level are stable medium weight woven, with or without nap and/or knit fabrics (broadcloth, calico, soft denim, gingham, muslin, poplin, chintz, double knits), wool, and/or stable non-bulky knits or polar fleece with minimal stretch (4 inches of fabric stretches to 4 ¾ inches or less.)

- 320 101 21_ **Garment or personal item with a zipper-** machine or hand sewn and successfully demonstrating skills attaching a centered, lapped, or invisible zipper as well as one or more of the following: machine sewn straight or curved seams with appropriate seam finish, pressing, gathers, correct attachment of buttons/snaps/hook & eye closures and/or hems. Items include zipper bag, tote, skirt, simple dress or jumper, slacks, etc.
- 320 101 22_ **Non-garment made with a zipper-** machine or hand sewn and successfully demonstrating skills attaching a centered, lapped, or invisible zipper such as a personal accessory, an item for the home, for use in sports, picnics, camping or with animals, a toy, doll, etc. Should also demonstrate one or more of the following: Machine sewn straight or curved seams with appropriate seam finish, pressing, gathers, trimming/grading/clipping/notching for bulk, correct attachment of buttons/snaps/hook & eye closures pressing, and/or hems.
- 320 101 23_ **Garment or Outfit with sleeves-** machine or hand sewn and successfully demonstrating skills attaching raglan, set-in or kimono sleeves, as well as appropriate seam finish, pressing, reinforcing underarm seams, gathers, trimming/grading/clipping/notching for bulk, correct attachment of buttons/snaps/hook & eye closures hems, etc.
- 320 101 24_ **Garment or item with patch pockets-** machine or hand sewn and successfully demonstrating correct attachment of patch pocket using machine or hand sewing skills; appropriate seam finish,

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pressing, casings, gathers, reinforcing underarm of crotch seams, trimming/grading/clipping/notching for bulk, hems, correct attachment of buttons/snaps/hook & eye closures, etc.

320 101 25_ **Handsewn item-** Item demonstrating skills in assembling, hemming, and/or attaching closures (buttons, snaps, hook & eye, zipper) or embellishments using hand sewing techniques. Machine can be used for some of the construction but 50 % or more of the item must be hand sewn.

320 101 26_ **Garment or personal item demonstrating level 2 skills-** such as: machine sewn straight or curved seams with appropriate seam finish, pressing, zipper, casings, gathers, reinforced crotch or underarm seams, trimming/grading/clipping/notching for bulk, correct attachment of buttons/snaps/hook & eye closures, hems.

EXPANDING SKILLS: LEVEL 3

At this level, the focus must be *on improvement of any of the basic skills in* and adding new skills found in 4-H Project Guidelines For Leaders recommendations for this level Fabrics at levels 4-5. Fabrics at this level must include one of the following: flannel cotton blends, stripes, plaids, rayon, single knits, stiff denim, linen, tweed, gauze, seersucker, wool, Crepe de chine , may have moderate stretch (4 inches of fabric stretches no more than 5 3/8 inches).

320 101 31_ **Garment or personal item,** machine or hand sewn, successfully demonstrating skills from levels 3 such as: darts, tucks, zippers, waistband, collars, yokes, cuffs, pockets, appropriate seam finishes for fabrics (French, serged, flat fell, mock flat felled, etc.), set in sleeves, ruffles and pleats, applying trim, hook & loop tape, matching fabric design, binding, stitch-in-the-ditch, etc. Items may include shirt or blouse, dress or jumper, purse or tote with pockets, bathrobe, jogging suits, **unlined jacket, or blazer** etc.

320 101 32_ **Garment with a collar.** Machine or hand sewn, demonstrating appropriate interfacing and collar sewn into garment. Additional skills must include appropriate seam finishes for fabrics, pressing, stay stitching, trimming/grading/clipping/notching for bulk, etc.

320 101 33_ **Non-garment,** item for the home, a doll, toy or garment/accessories for them, or items used in sports, picnics, camping or with animals constructed with recommended fabrics and skills for this level. (this level includes bags with linings)

320 101 34_ **Garment or outfit using plaids or directional print/nap-** Machine or hand sewn, demonstrating successful matching of stripes/plaid or nap direction. Other skills must include on or more of the following: appropriate seam finishes for fabrics, matching fabric design, pressing, appropriate underlining, stay stitching, closures (zipper, buttons & buttonholes, hook & eye, etc.), trimming/grading/clipping/notching for bulk, etc.

320 101 35_ **Handsewn item-** At least 50% or more of the item must be hand sewn. Item demonstrating skills in assembling, hemming, and/or attaching closures (buttons, snaps, hook & eye, zipper) or embellishments using hand sewing techniques.

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320 101 36_ Two-piece outfit constructed as a set with the same or coordinating fabrics and at least one closure such as a zipper or buttons & button holes. Could include jogging suit, pajamas, etc. Exhibit will demonstrate some or the following: appropriate seam finishes for fabric, fabric pattern or nap matching, pressing, appropriate facings, pockets, sleeves, darts, stay stitching, trimming/grading/clipping/notching for bulk, etc.

ADVANCED SKILLS: LEVEL 4

At this level, **the focus must be on improving skills learned in previous levels** and follow the 4-H Project Guidelines For Leaders recommendations for levels 6-9. Members must continue practicing basic skills and adapting those to new fabrics. Fabrics at this level include fabrics in previous levels include woven fabrics, and/or knit fabrics, wool, and/or polar fleece; all fabrics may have bulk &/or any amount of stretch and slippery fabrics, fine or lightweight sheer fabrics, which require more care in handling or pattern selection (satin, chiffons, organdy, brocade, ripstop, dupion, crepe de chine, taffeta, velour, tulle, leather, suede, fake fur, and net).

320 101 41_ **Garment or personal item**, machine or hand sewn, successfully demonstrating skills from previous levels and at least one skill from this level.

320 101 42_ **Tailored** Garment or outfit made from woven fabric using traditional tailoring methods, interfacing fusible and non-fusible methods to create a tailored look.

320 101 43_ **Formal** Garment or outfit made from woven fabrics, including fine and lightweight fabrics which require more care in handling or pattern selection (such as satin, wool, dupion, crepe de chine, taffeta, velour, tulle, net, beaded or sequined fabrics, velvet, hand woven, double cloth, lame, leather, lace, silk, etc.

320 101 44_ **Garment or outfit** made from fabric specifically designed for **outerwear** such as ripstop nylon, coated or uncoated outdoor fabrics.

320 101 45_ **Swimwear** made from 4-way stretch fabrics (spandex, lycra, polyester, nylon, etc.) and demonstrating appropriate seam finishes, trimming/grading/clipping/notching for bulk, and additional skills in the sewing levels.

320 101 46_ **Non-Garment** such as a personal accessory, items 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 must be appropriate for this level.

OTHER TEXTILE PROJECTS:

For all classes below: Fill in blank in class number (__) with corresponding number for Junior, Intermediate, or Senior age-level.

1. Junior 2. Intermediate 3. Senior

Creativity

The focus of this class is to use your sewing skills to alter an existing garment for fit or creativity. Exhibit can include an item or garment which has been enhanced through creative embellishment, fabric manipulation, or fabric creation; a recycled garment that has been altered for fit or creativity and therefore retain some seams/design of the original item as appropriate.

320 300 20_ **Creativity**

Costumes

Costume for celebrations, holidays, theater, or other use. Must include sewing, but may or may not also include other techniques in combination with sewing.

320 300 30_ **Costumes**

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.

320 300 10_ **Hands for Larger Service**

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.

320 300 40_ **Skills Notebook**

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. Take a moment and select a country within this region to focus on and learn more about its people and culture. Then share how the knowledge you’ve gained has influenced your 4-H experience through a fair entry! Exhibits in the Celebrate Our World class must meet the exhibit requirements listed above. The Celebrate our World Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

320 800 11_ **Celebrate our World inspired** - Clothing and Textile project

FOOD and NUTRITION

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

Each member may enter up to three classes within the level they are in, **one** exhibit per class. All foods entered must be made by the exhibitor.

Exhibit ingredients:

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- 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, whisky, 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. 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)*, *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**

Basic Skills Level 1 – Cooking 101 and Baking 1

511 110 01_: **Cookies – Dropped, rolled or no-bake cookies** (e.g., no-bake cookies, sugar cookies, chocolate chip, chocolate drop, oatmeal cookies, peanut butter cookies, etc.) Exhibit **three** cookies. No frosting, icing, or glaze.

511 110 02_: **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 03_: **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 04_: **Cookies – Dropped or rolled cookies 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** cookies. No frosting, icing, or glaze.

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511 110 05_: **Muffin 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** muffins. No frosting, icing, or glaze.

511 110 06_: **Biscuit 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** biscuits. No frosting, icing, or glaze.

Basic Skills Level 2 – Cooking 201 and Baking 2

511 120 01_: **Cookies – Bars, slice-and-bake, and shaped cookies** (e.g., Brownies, refrigerator cookies, pressed cookies, rolled cookies, molded cookies, filled cookies, and shaped cookies.) Exhibit **three** cookies. No frosting, icing, or glaze.

511 120 02_: **Basic Quick Bread.** Exhibit $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 05_: **Cookies – Bars, slice-and bake, and shaped cookies 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 cookies.**

511 120 06_: **Quick Bread 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 $\frac{1}{4}$ of a large item.

511 120 07_: **Non-Yeast Coffee Cake 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 $\frac{1}{4}$ of a large item.

511 120 08_: **Scone 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 3 scones.

Expanding Skills Level 3 – Cooking 301 and Baking 3

511 130 01_: **Shortened Cakes** (Use fat for flavor and texture. E.g., pound cake, oatmeal cake, carrot cake, Bundt cake, chocolate cake, etc.). No commercial mixes; No fillings or toppings (i.e., frosting, icing, glaze, powdered sugar, fruit, or nuts). Exhibit three individual items or $\frac{1}{4}$ of a large item.

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511 130 02_ : **Basic Dinner Rolls.** May be 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 a combination of flours.** Exhibit ¼ of a loaf.

511 130 06_ : **Yeast Bread product (using all white flour)** with added non-perishable ingredients (i.e., herbs, nuts, dried fruit, etc.) Exhibit ¼ of a loaf.

511 130 07_ : **Shortened Cakes 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.

511 130 08_ : **Basic Dinner Rolls 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** rolls.

511 130 09_ : **Yeast Bread 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.

Advanced Skill Level 4 – Cooking 401 and Baking 4 (for intermediates and seniors)

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_ : **Flatbread- leavened recipe including yeast, baking powder, or baking soda** (Focaccia, Lavash, Pita, Pancake, etc.) Exhibit **three** individual items or ¼ of a large item.

511 140 13_ : **Unleavened Flatbread- made without yeast, baking powder, or baking soda** (Tortilla, Lefse, Crepe, Gordita, Matzo, Chapatti or Roti) Exhibit **three** individual items or ¼ of a large item.

511 140 03_ : **Yeast Bread Product, plain dough using an alternative grain product** instead of or in addition to white flour (e.g., rye, spelt, buckwheat, oat etc.)

511 140 04_ : **Yeast Bread product (using flour other than all white flour)** with added non-perishable ingredients (i.e., herbs, nuts, dried fruit, etc.) Exhibit ¼ of a loaf.

511 140 05_ : **Yeast Bread product using special shaping.** Exhibit **three** individual items or ¼ of a large item.

511 140 06_ : **Single Pie Crust.** Exhibit whole pie crust in disposable tin.

511 140 07_ : **Specialty 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 08_ : **Foam Cake 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,

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such as gluten free, sugar substitute, vegetarian, vegan, reduced fat, et. al. Underline alternative ingredient(s) in the recipe. Exhibit **three** individual items or $\frac{1}{4}$ of a large item.

511 140 09_: **Focaccia Bread 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 $\frac{1}{4}$ of a large item.

511 140 10_: **Yeast Bread 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 $\frac{1}{4}$ of a large item.

511 140 11_: **Single Pie Crust 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 whole pie crust in disposable tin.

511 140 12_: **Specialty Pastry 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 $\frac{1}{4}$ of a large item.

All Skill Levels

Family Food Traditions

511 200 01_: **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
- c) the source traditional recipe came from.
- d) Exhibit at least $\frac{1}{4}$ of baked product or three muffins, cookies, pita, tortillas, etc.

Cooking Up a Career

511 200 02_: **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.**

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

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in recipe book form. Follow specific guidelines on evaluation 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 and/or 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 focused 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).

Celebrate our World (intermediates and seniors only)

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. Take a moment and select a country within this region to focus on and learn more about its people and culture. Then share how the knowledge you've gained has influenced your 4-H experience through a fair entry! Exhibits in the Celebrate Our World class must meet the exhibit requirements listed above. The Celebrate our World Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

511 800 112 **Intermediate** Celebrate ourWorld

511 800 113 **Senior** Celebrate ourWorld

FOOD PRESERVATION

Members may enter **four** classes in their age division and up to **two** different exhibits per class. Intermediate and Senior members may also enter an exhibit in the Celebrate our World class.

Members are encouraged to use recipes from reputable food preservation sources (ex. OSU Extension or other University Extension Services, Ball Blue Book, pectin package inserts, or *So Easy to Preserve*).

Current OSU Food Preservation publications can be found at

<https://extension.oregonstate.edu/mfp/publications>.

All recipes must meet current USDA recommendations which can be located here: <http://nchfp.uga.edu/>

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.

In addition, all containers must have a label or tape with member **name, county, and class number**. Label

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should be placed on the bottom of the container so product is visible.

Include jar rings on all canned products in order to transport safely. Be sure all jars are properly sealed. Unsealed jars will be disqualified. For judging reasons, use clear jars only. Regular and wide-mouth Mason-type, threaded, home-canning jars with self-sealing lids are the best choice.

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 fair judging and one to come to state fair (if chosen).

Dried foods should be exhibited in jars or sturdy plastic bags, with labels securely attached.

Make sure to follow the approved processing times listed for your product.

Judging criteria are outlined on the 4-H Canned Fruit and Vegetable Evaluation Sheet (512-04), 4-H Canned Meat and Fish Evaluation Sheet (512-05), 4-H Dried Foods Evaluation Sheet, 4-H Jam Evaluation Sheet (512-01), 4-H Jelly Evaluation Sheet (512-02), 4-H Pickles and Relishes Evaluation Sheet (512-03), 4-H Flavored Vinegar Evaluation Sheet (512-08), 4-H Canned Broth Evaluation Sheet (512-09), and 4-H Gift Pack Evaluation 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**

Basic Division Classes -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. Starred (*) 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 10_ ***Cooked jam or jelly**. One jar using commercial pectin. 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 12_ **Quick 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 19_ **Flavored Vinegars**. One jar of flavored vinegar using commercial vinegar and flavor added using herbs, fruits, vegetables and/or spices.
- 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.
- 512 111 301 ***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.

Jefferson County 4-H Family Consumer Science Exhibits

(Example: A housewarming gift for new neighbors.)

Advanced Division Classes (Intermediates and Seniors only)

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 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 20_ **Canned Broth.** One jar of canned broth (liquid only, no meat or vegetable pieces) 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.

Celebrate our World (Intermediates and Seniors only):

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. Take a moment and select a country within this region to focus on and learn more about its people and culture. Then share how the knowledge you've gained has influenced your 4-H experience through a fair entry! Exhibits in the Celebrate Our World class must meet the exhibit requirements listed above. The Celebrate our World Explanation Card (998-03) is to be completely and thoughtfully completed and securely attached to the exhibit.

512 800 112 **Intermediate** Celebrate our World inspired gift pack exhibit

512 800 113 **Senior** Celebrate our World inspired gift pack exhibit

TABLE SETTING – county only

The following contest is available for 4-H members enrolled in a Foods and Nutrition project area.

Members will set up their display on Monday of fair week. Display will be judged, and member will be interviewed on Tuesday.

Participants may choose any theme/occasion around which to build their menu and place setting. The title of the theme/occasion should be written at the top of the menu.

Jefferson County 4-H Family Consumer Science Exhibits

Participants will:

1. Plan a coordinated, economical table setting including a full menu around a theme. Things to consider when planning your setting:
 - Plan a nutritious meal with a variety of color, texture, flavors, and temperatures. You DO NOT prepare the food.
 - The menu should include food items that the 4-H member would be able to prepare according to their age and skill level. It should not include anything that is beyond their ability to cook or prepare themselves.
 - Coordinate an inexpensive, attractive table setting fitting of the menu.
 - Write your menu in the order that foods will be served. Remember the extras!

A table will be provided. Your table setting should fit within the dimensions of 24" wide and 15" deep.

The display should consist of:

- Tablecloth or place mat
- One complete place setting
- A centerpiece or table decoration

Written Material Requirements:

Junior

- a) Menu in appropriate format
- b) Recipe for one of the items included on your menu. See *"Choosing and Using Recipes"* for further information.

Intermediate and Senior

- a) Menu written in the order that dishes would be served. Remember the extras!
- b) Menu's contribution to daily nutritional needs (relate info to basic guidelines)
- c) Total cost of the menu
- d) Recipe for one dish from your menu.

Be prepared to speak with the judge and answer questions about your table setting and written materials.

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

1. **Junior**
2. **Intermediate**
3. **Senior**