

Entry Form Due Date: Friday, June 24, 2011 at Extension Office

Enter Exhibits and Judging: July 21, 2011 8:30 a.m.-1:00 p.m.

Judged & Displayed in Community Building: Clothing, Clover Kids, Home Improvement, Personal Development, Science, Engineering, Woodworking, Ag & Natural Resources, etc.

Judged & Displayed in 4-H Hall: Food Nutrition, Vegetable, (Flowers in meeting room), Music, Photography, and Visual Art

NOTE: Exhibitors having exhibits to be entered and judged in both the Community Building and 4-H Hall will want to allow time to have exhibits in each building entered and conference judged prior to the designated ending judging time. **No exhibits will be allowed to enter after 1:00 p.m.**

NOTE: Judges will have lunch at 1:00 p.m.

FAMILY AND CONSUMER SCIENCES SECTION

*****All exhibitors are responsible to read and comply with the General Exhibit Rules and all department exhibit class rules and regulations. The General Exhibit Rules can be found on pages 13 and 79.**

DEPARTMENT 600 – OTHER FAMILY AND CONSUMER SCIENCES

<u>Class No.</u>	<u>Description</u>
600 01 _	Child Development – An exhibit that shows learning about children. Examples: child care, growth and development, safety and health, children with special needs, and careers in child development.
600 02 __	Consumer Management - An exhibit that shows learning through savvy budgeting, comparison shopping, money management, and consumer rights and responsibilities.
600 03 __	Health - An exhibit that shows learning through food choices, safe activities and skills such as first aid and CPR, careers, and healthy lifestyle choices.
600 04 __	Other Family and Consumer Science - An exhibit that demonstrates learning about a family and consumer science topic that does not fit any previous Family & Consumer Science class listed.
600 05 __	Sewing and Needle Arts - An exhibit that shows learning and skill in sewing, knitting, crocheting, or other needle arts, the use and care of fabrics and fibers, or the construction of clothing and other items.

DEPARTMENT 610 - CLOTHING

Superintendent: Saundra Longhenry

Special Rule: Art elements and principles of design are the foundation of design whether putting together fabrics for clothing and quilts, selecting furnishings for a room, or creating a drawing. Design elements are line, shape, form, color, and texture. Design principles are balance, proportion, rhythm, emphasis, and unity. Information on elements and principles of design for clothing can be found at:
<http://www.extension.iastate.edu/Publications/4H313.pdf>

Please note:

Purchased or sewn outfits modeled in the Clothing Event Program can also be entered into the following fair class. This would be a separate entry from the clothing event opportunities. If you are chosen as a state representative to Fashion Revue, Clothing Selection or \$15 Challenge Program, your outfit cannot be selected for exhibition in other state fair classes.

<u>Class No.</u>	<u>Description</u>
610 01 __	Clothing and Fashion - An exhibit that shows learning about style, fashion, design, thrifty spending, wardrobe planning, types of fabrics, and clothing care. Exhibits may include constructed or purchased clothing and accessories.

DEPARTMENT 620 - FOOD AND NUTRITION

Superintendent: Sharon Wilson

Youth Superintendent: Meridith Wilson

Food Sale: **Perishable food exhibits will be sold** at the bake sale on judging day, Thursday, July 21. A small section of the food exhibit will be packaged with tags and ribbons for display. The larger portion will be sold. Proceeds from the sale will go into the Story County 4-H Fund to support Story County 4-H programs. Food items considered for the state fair will be held for further consideration.

Food & Nutrition Special Rules-State Rules

1. Any exhibit considered to be a food safety risk or portray a food safety risk will not be accepted, judged or displayed.
2. All food products/exhibits should be appropriate for human consumption.
3. Food product exhibits must be prepared, baked or cooked using only food grade utensils and containers.
4. Products that require refrigeration will not be accepted, judged or displayed.
5. Meat jerky products are prohibited.
6. The recipe must be included for any prepared food exhibit; credit the source of the recipe.
7. Preserved foods must include the Food Preservation Exhibit Label. Only food processed after August 1, 2010 is acceptable. Current USDA and/or Iowa State University guidelines for home food preservation must be used.
<http://www.extension.iastate.edu/Publications/4H3023.pdf>
8. Preserved food exhibits **must** include two product samples. One will be opened for evaluation and discarded; the second will be placed on display and returned to the exhibitor. All perishable food products will be discarded when removed from display.
9. Prepared foods should be placed on a firm disposable plate or flat cardboard. Place food product exhibit in a reclosable plastic bag with entry tag fastened outside the bag.
10. The use of alcoholic beverages in the preparation or production of 4-H food exhibits is NOT permitted.

620 01 ___ **Food & Nutrition** - An exhibit that shows learning through cooking, baking, eating and choosing healthy foods, including safety practices. Exhibits may include prepared products or educational displays. See also 4-H 3023 "Inappropriate Food Exhibits for Iowa 4-H Fairs" for additional information regarding prepared and preserved food products.

DEPARTMENT 630 - HOME IMPROVEMENT

Superintendent: Cathy Miller

Art elements and principles of design are the foundation of design whether putting together fabrics for clothing and quilts, selecting furnishings for a room, or creating a drawing. Design elements are line, shape, form, color, and texture. Design principles are balance, proportion, rhythm, emphasis, and unity. Information on elements and principles of design for home improvement can be found at:
<http://www.extension.iastate.edu/Publications/4H492.pdf>

<u>Class No</u>	<u>Description</u>
630 01 ___	Home Improvement - An exhibit that shows learning in planning, improving and caring for your home living space. Exhibits may include new or refinished/reclaimed/restored items.

DEPARTMENT 650 - FASHION REVUE

Superintendent – Sandra Longhenry

<u>Class No.</u>	<u>Description</u>
650 01 ___	Fashion Revue

Participation in this division includes the judge's evaluation and the style show. DO NOT enter the Fashion Revue unless you plan to **attend both the judge's evaluation (a.m. – July 9) and the Style Show (afternoon-July 9 at 1:00 p.m.)**. The Fashion Show will be held at the North Grand Mall in Ames. **Each exhibitor may only enter one exhibit in each of the contests listed below.**

1. **The exhibitor must be a program member by May 15 and must be enrolled in the clothing project on or before June 24, 2011.**
2. The outfit modeled by the member in the fashion revue must be a garment MADE (constructed, knitted or crocheted) by the club member during the current program year. Intermediates and Seniors are expected

to make their entire outfit. Undergarments and accessories may be made or selected by the member. Blouses or shirts may be considered an accessory only if used as an accent to add color at the neckline. A Junior member would not need to construct the entire outfit, but one piece of the outfit. For example: shirt constructed, pants purchased.

3. The exhibitor models his/her own outfit for the judge.
4. The exhibitor may exhibit a garment in the Clothing Department 610 and model the same garment in Fashion Revue Event in Department 650. If selected to advance to the state fair through Department 650, then the exhibitor cannot have the same clothing article in Department 610 selected for exhibition at the state fair.
5. An exhibitor may be selected to participate in the State Fair Fashion Revue if (a) enrolled in clothing project, (b) preferably enrolled for three or more years in Clothing, be in the Senior age range in 4-H and has not represented the county before in State 4-H Fashion Revue.
6. The fair entry form located on page 118 is due at the Extension Office on **June 24**. Exhibitors will complete the event form on page 120 or 126 and bring it to the judge's evaluation. A picture of the exhibitor in his/her outfit is to be included. When the fair entry form is submitted to the Extension Office (June 24), a \$.50 entry fee must be included with the form. **Complete the script to be read at the style show and turn it in June 24.**

DEPARTMENT 660 - CLOTHING SELECTION

Superintendent – Sandra Longhenry

<u>Class No.</u>	<u>Description</u>
660 01__	Clothing Selection

Participation in this division includes the judge's evaluation and the style show. DO NOT enter Clothing Selection unless you plan to **attend both the judge's evaluation (a.m. – July 9) and the Style Show (afternoon-July 9 1:00 p.m.)**. **The Style Show will be held at the North Grand Mall in Ames. Each exhibitor may only enter one exhibit in each of the contests listed below.**

1. The Clothing Selection event is open to any youth that is a member of the Story County 4-H Program by May 15 2011. **The exhibitor also needs to be enrolled in the clothing project by June 24, 2011.**
2. The outfits entered must be chosen and purchased by the participant. Clothing may be purchased from any source, including used clothing stores or garage sales. Gifts of clothing, either new or used, are not eligible. The outfit must be selected and modeled by the exhibitor.
3. If the 4-H'er is enrolled in the Clothing Project, the Clothing Selection outfit may also be exhibited in the Clothing Department 610. If selected to advance to the state fair through Department 660, then the exhibitor cannot have the same clothing article in Department 610 selected for exhibition at the state fair.
4. Only Senior 4-H'ers (completed grades 10, 11 & 12 by summer, 2011) are eligible for State Fair. An exhibitor may represent the county only once at the State Fair Clothing Selection Event.
5. This event gives the exhibitor an opportunity to practice consumer skills in choosing an outfit for:
 - (a) Casual use: Clothes for school or work.
 - (b) Sports or functional use: Clothes that might be chosen for a particular sport, for a special environmental condition, or because of a limiting physical condition.
 - (c) Special Occasion (Dressy) Clothes: Clothing for special events (graduation, prom, wedding, etc.).
 - (d) Clothing is chosen to allow personal expression with some thought of future use.
 A written explanation on the entry form about the decisions made is an important part of the event.
6. The fair entry form located on page 118 is due at the Extension Office on **June 24**. Exhibitors will complete the event form on page 120 or 126 bring to the judge's evaluation. A picture of the exhibitor in his/her outfit is to be included. When the fair entry form is submitted to the Extension Office (June 24), a \$.50 entry fee must be included with the form. **Complete the script to be read at the style show and turn it in June 24.**

DEPARTMENT 670 - THE \$15 CHALLENGE

Superintendent – Sandra Longhenry

<u>Class No.</u>	<u>Description</u>
670 01__	the \$15 Challenge

Participation in this division includes the judge's evaluation and the style show. DO NOT enter the \$15 Challenge unless you plan to **attend both the judge's evaluation (a.m. – July 9) and the Style Show (afternoon-July 9 1:00 p.m.)**. **The Style Show will be held at the North Grand Mall in Ames. Each exhibitor may only enter one exhibit in each of the contests listed below.**

1. The \$15 Challenge event is open to any youth that is a member of the Story County 4-H Program by May 15, 2011. **The exhibitor also needs to be enrolled in the clothing project by June 24, 2011.**
2. The outfits entered must be chosen and purchased by the participant. Outfits must be purchased at a garage sale, consignment store, or resale shop (i.e. Goodwill, Salvation Army, or other stores of this type. Items purchased from a sale rack at Target, etc are not allowed. Hand-me-downs or clothing as gifts that were selected by the 4-H'er belong in Clothing Selection.) Cost of the outfit must be \$15 or less, not including shoes, accessories, or undergarments. Gifts of clothing, either new or used, are not eligible. The outfit must be selected and modeled by the exhibitor.
3. If the 4-H'er is enrolled in the Clothing Project, the \$15 Challenge outfit may also be exhibited in the

- Clothing Department 610. If selected to advance to the state fair through Department 670, then the exhibitor cannot have the same clothing article in Department 610 selected for exhibition at the state fair.
4. Only Senior 4-H'ers (completed grades 10, 11 & 12 by summer, 2011) are eligible for State Fair. An exhibitor may represent the county only once at the State Fair \$15 Challenge Event.
 5. This event gives the exhibitor an opportunity to practice consumer skills in choosing an outfit for:
 - (a) Casual use: Clothes for school or work.
 - (b) Sports or functional use: Clothes that might be chosen for a particular sport, for a special environmental condition, or because of a limiting physical condition.
 - (c) Special Occasion (Dressy) Clothes: Clothing for special events (graduation, prom, wedding, etc.).
 - (d) Clothing is chosen to allow personal expression with some thought of future use.A written explanation on the entry form about the decisions made is an important part of the event.
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Inappropriate Food Exhibits

For Iowa 4-H Fairs

Is a food exhibit appropriate?

Ask yourself:

1. Does this product require refrigeration?
2. Would you eat this product at room temperature?
3. Will this product hold up so it represents a standard when evaluated by judges or viewed by the public?

See following pages for details about specific products.

If you have questions or need information about pressure canner test dates, please contact your local ISU Extension office or AnswerLine:

1-800-262-3804
Iowa Relay (TTY):
1-800-735-2941
www.extension.iastate.edu/answerline

* indicates a change for 2009

ACCEPTABLE FOR FAIR DISPLAY

Questions have been raised about these products but they are OKAY:

Caramel rolls
Cream cheese mints
Pineapple upside down cake

These products are OKAY IF specific criteria are met (see details on page 3): *Canned products

- Canned and pickled products—including salsa, vegetables, and meats—must meet USDA guidelines for recipe and heat processing.
- Fruits, jams, jellies, and other spreads must use an approved source.
- All products must be labeled using the template available at www.extension.iastate.edu/4H/StateFair/index.htm
Or, have an equivalent label that includes the same information.

Frosting, icing, glazes

Fruit-flavored vinegars

Pecan/walnut pies

NOT ACCEPTABLE FOR FAIR DISPLAY

Any food containing alcohol

*Breads containing ingredients that are normally refrigerated (such as chopped and dehydrated vegetables, meats, and layers of cheese). A small amount of thinly

sliced vegetables may be used as a garnish on top if added before baking.

Breads, brownies, or cakes baked in a jar or a non-food grade container, including anything baked in a jar and allowed to vacuum seal
Caramel corn or pies baked in a paper grocery bag

Custard and cream-filled pies, cheesecakes

Flavored oils

Fresh salsa

Homemade egg noodles

Jerky of any kind

Meat-filled pastries

Raw egg in any uncooked product

Sourdough, friendship bread, etc.

Sweet rolls with cottage cheese/egg topping

Vegetables marinated in oils and herbs

Digging Deeper: Guidance for Preparing Safe Foods for 4-H Exhibits

Food and nutrition projects for 4-H exhibits should be prepared with food safety in mind. The importance of food safety cannot be overemphasized. Judges will not evaluate foods that they consider unsafe and you do not want the judges to become ill. This means following the safe food handling practices outlined below and preparing foods that will survive in warm, humid situations.

Why are some foods inappropriate for display at fairs?

Most foods are safe to consume immediately after preparation; others pose unique handling considerations that might be difficult to provide in an exhibit. For example, custards, cream pies, fluid dairy products, egg dishes, and meat products require colder storage temperatures than are usually available away from home. Other foods may be unsafe if kept at room temperature for more than two hours.

How do foods make people sick?

Proper preparation and handling of foods is critical to avoid foodborne illness. The **two most important** aspects are to prevent food from being contaminated with bacteria or viruses and to prevent the growth of bacteria. Although a variety of naturally-occurring pathogenic bacteria may be present in foods, processing steps (such as heat and refrigeration) usually kill them or prevent them from growing.

Viruses that make us sick are almost always found in food as a result of fecal contamination from the preparer. The key to preventing pathogenic viruses from causing illness is frequent hand washing, especially after using the restroom.

Proper hand washing is the most important step each of us can take to ensure safe food—and it takes only a minute. Wash your hands:

- After using the restroom
- Before preparing food
- Before eating food
- After playing with pets
- Almost anytime you think they may be dirty!

An estimated 50 million Americans
get sick yearly because
someone did not wash his/her hands.

FAT TOM

— factors necessary for bacterial growth

Bacteria are like us; they need specific conditions to grow. The conditions that bacteria need can be summarized in the acronym FAT TOM.

F - food

Bacteria can grow on almost anything; they need only protein and carbohydrate. Think about how fast milk spoils. With 4 percent sugars and 4 percent protein, milk is the perfect food for bacteria.

A - acidity

Bacteria need a neutral environment, neither too acidic nor too alkaline. Optimum growth is in the pH range of 4.6 to 7.8. Fruits tend to be acidic (high acid) while milk, vegetables, and meat are neutral (low acid). Properly made pickles are vegetables that have been acidified to bring them below pH 4.2.

T - temperature

Pathogenic bacteria can grow in temperatures from 40-140°F but they grow best in the 70-110°F zone. In this temperature range, pathogens may double every 20 minutes. No wonder so many people get sick from temperature-abused foods! Hot foods should be kept HOT (above 140°F) and cold foods COLD (below 40°F).

T - time

Because bacteria can double so quickly, time is as critical as temperature. Remember the two hour rule—“Do not hold foods at room temperature any longer than two hours.”

O - oxygen

Some bacteria are able to grow without oxygen (anaerobic). The process of canning foods creates an anaerobic environment and may allow the growth of the bacterium that causes botulism. Fortunately, the extreme heat of the pressure canner (240°F at 11 pounds pressure) kills the bacterium. By comparison, a water bath canner reaches a maximum temperature of only 212°F.

M - moisture

All life needs water to grow. For example, dried rice does not support bacterial growth; however, cooked rice is a very good growth medium for bacteria.

Critical safe food handling guidelines

- Keep counters, dishes, and hands clean. Use paper towels or replace hand towels frequently.
- Avoid cross contamination of raw or prepared foods with raw meats or poultry. Cutting boards, knives, hand towels, plates, and hands are all potential sources of cross contamination.
- Thaw foods in the refrigerator and not at room temperature.
- Cook meats and poultry to the proper internal temperatures.
- Cool foods quickly. Remember the two hour rule.

ACCEPTABLE FOODS FOR FAIR DISPLAY

Further explanation of why some foods are OKAY

Caramel rolls, cream cheese mints, and pineapple upside down cake - OKAY

These products are acceptable because the high sugar content will not support bacteria growth.

The following products are OKAY IF these criteria are met

Canned products - OKAY "IF"

Canned products will not be tasted but will be evaluated on color, appearance, aroma, and texture.

Products are acceptable if

- the recipe and process are from an approved source—such as university extension publications, USDA canning guide, or Ball Blue Book (1994 or later).
- the product is in a "Mason-type" threaded canning jar with a canning lid and band. Brands of jars and lids are interchangeable. Decorative half-pint jars are acceptable only for jams, jellies, and fruit spreads.
NOTE: Jars that previously contained a commercially processed product (such as mayonnaise) are not acceptable. Paraffin or waxes are not acceptable as a jar sealant.
- the canning method, processing time, altitude, recipe, and source of recipe (including publication date) is clearly indicated. Only products processed since September of the previous year are acceptable.

Canned fruits, jams and jellies—Boiling water canner processing may be used. Tomatoes must be acidified; see page 4 for resources. Flower jellies cannot be low sugar and flowers must be pesticide-free. For a list of acceptable flowers, refer to "Edible Flowers" at www.extension.iastate.edu/Publications/RG302.pdf.

Canned salsas and pickled products—Product must be accompanied by a statement describing the entire process and recipe source, including publication date.

Canned vegetables and meat products—Product must be accompanied by a statement indicating the canning method, processing time, and recipe. If a dial gauge canner is used, a copy of the annual test record should be included but is not required. (Weighted gauge canners do not require yearly testing.)

Frosting, icing, glazes - OKAY "IF"

NOTE: Frostings and glazes will "melt" in hot, humid weather and be less attractive for product evaluation.

The following are acceptable:

- Cream cheese frostings made with at least 4 cups of sugar per 8 ounces or less of commercially available cream cheese
- Frostings made with meringue powder
- Frostings and glazes made of powdered sugar, milk, and vanilla or other flavorings

The following are not acceptable:

- Icing and frostings made with raw eggs
- Whipped cream cheese frostings made without powdered sugar

Fruit-flavored vinegars - OKAY "IF"

Fruit-flavored vinegar will be allowed as an exhibit, only if a specific recipe is used and included (with publication date); simply adding fruit to vinegar is not enough. Note that the color of the fruit may change with storage. Use only commercially available vinegars and do not dilute.

Pecan/walnut pies - OKAY "IF"

These pies are safe if made from a traditional recipe using eggs, sugars, and no added water or milk. Although these are very rich and moist, they are safe because there is not enough moisture to support bacterial growth. Products made from a nontraditional recipe that includes added water or milk are NOT acceptable.

UNACCEPTABLE FOODS FOR FAIR DISPLAY

Any food containing alcohol

The use of alcoholic beverages in the preparation or production of 4-H food exhibits is NOT permitted.

Breads containing ingredients that are normally refrigerated

Breads made with ingredients that are normally refrigerated (such as salsa and chopped or dehydrated onions, mushrooms, or peppers) and/or high protein items (such as pork and beans or layers of cheese) have a short shelf life. They would be used in a timely manner at home but are not acceptable as a fair exhibit.

UNACCEPTABLE FOODS FOR FAIR DISPLAY (continued)

Cake, brownies, bread baked in a jar or non-food grade container

Preparation method creates potential botulinum risk.

Canned/preserved products using questionable recipe or procedure
(Refer to instructions in previous section.)

Caramel corn or pies baked in a paper grocery bag
Bags are inappropriate cooking containers because the bag may not be sanitary, the glue and ink used on the bag have not been approved for contact with food and may give off toxic fumes when heated, the bag may catch on fire, and grocery bags made of recycled paper may contain a variety of contaminants that may leach into the food.

Custard and cream-filled pies, cheesecakes
Products requiring refrigeration are not allowed.

Flavored oils

Oils infused with herbs or garlic are a potential botulism risk. Products made with these oils also are considered unsafe.

Fresh salsa

Requires refrigeration and is not allowed.

Frosting, icing, glazes

(Refer to instructions in previous section.)

Homemade egg noodles

According to the United States Department of Agriculture Meat and Poultry Hotline, noodles made with whole raw eggs should be dried and stored in the refrigerator or frozen to prevent salmonella from growing to disease-causing levels.

Jerky of any kind

Not acceptable because of the potential for bacteria and/or toxin survival in the finished product. A poster or notebook is a better choice as an exhibit.

Meat-filled pastries

These products have a significant chance of bacterial growth.

Raw egg in any uncooked product

Eggs have been implicated in an increasing number of cases of food borne illness. Salmonella can lurk

inside the egg, even one with a clean, uncracked

shell. That means that some recipes, unless modified, are unsafe. Many old favorite recipes were written before salmonella was recognized as a problem in raw eggs.

Sourdough, friendship bread, etc.

Although bakery products leavened by wild microorganisms have been used for years, the potential for abuse may result in an unsafe product. Of particular concern are toxins produced by a variety of organisms including Staphylococcus.

Sweet rolls with cottage cheese/egg topping

Implies a sugar, egg, cream cheese (or other unripened cheese such as cottage or ricotta cheese) mixture that is protein-rich, moist, and can be easily contaminated. Bacteria love high protein, high moisture, and a neutral pH environment.

Vegetables marinated in oils and herbs

The vegetables could harbor botulism spores. Covering moist vegetables with oil results in anaerobic conditions that may allow botulinum growth.

Additional resources

Iowa State University Extension Distribution Center

www.extension.iastate.edu/store

(See especially the sections on food preservation and food safety in the Food, Nutrition, and Health topic area)

Iowa State University Extension Food Safety

www.extension.iastate.edu/foodsafety/

Jarden Home Brands (Ball Blue Book®)

www.freshpreserving.com

National Center for Home Food Preservation

www.uga.edu/nchfp/

New Mexico University Extension (salsa recipes)

http://aces.nmsu.edu/pubs/_e/e-323.pdf

United States Department of Agriculture:
Complete Guide to Home Canning. 2006

www.uga.edu/nchfp/publications/publications_usda.html

No endorsement of products or firms is intended nor is criticism implied of those not mentioned.

Prepared by Sam Beattie, extension food science specialist; Liz Meimann, food science graduate student; Sue Bogue, state youth development specialist; and Diane Nelson, communication specialist.

. . and justice for all The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jack M. Payne, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

File: Youth