

8. Garment recycled through major changes - include a before garment picture
 9. Stuff sacks, backpack, duffel bag
 10. Sewing tools basket
 11. Educational poster on sewing
 12. Garment or accessory bag
 13. Machine embroidered item
 14. Non-stitched item - must utilize fabric
 15. Quilted item - for members enrolled in sewing projects, not the quilting project
 16. Project notebook showing examples of sewing techniques
 17. Appliquéd item - must include stitching, no paint
 18. Any sergered garment
- 19-23. Any item completed in project
24-29. An educational display

Class B - Exploring Sewing Level 1

Class C - Exploring Sewing Level 2

Class D - Advanced Sewing Skills Level 3

Class E - Knitting

Class F - Crochet

Class G - Embroidery

Class H - Independent Study

Class I - Quilting, Patchwork, Appliqué

Class J - Counted Cross Stitch

Lot No.

- 1-5. Any item completed in project
- 6-10. An educational display



DEPARTMENT 55 **Foods & Nutrition**

RULES AND REGULATIONS

1. See 4-H Still Exhibit Interview Judging rules for more information.
2. All entries will be Interview Judged on Perishable Judging Day.
3. All food preservation: Entries must be processed according to USDA recommendations. Label jars as to food type, processing time, pressure and method. Canned foods must be in standard canning jars. Use directions for proper canning methods, available through Extension Office. Jams, jellies and preserves must be made from home squeezed juice unless otherwise state. Label to tell style: freezer, standard, sugarless, etc. as well as the fruit variety. All jams, jellies and preserves may be half pint or pint jars. Jams, jellies and preserves will be opened for judging.
4. Food Entries: Recipes must be typed and accompany all food products entered. Bring a 6-inch paper plate & plastic zipper bag to display food after judging.

5. Make all displays as attractive as possible. Neatness and cleanliness are important.
6. Breads: Display one loaf, unsliced in a plastic bag.
7. Cakes: Display whole cake, unfrosted unless specified, on a disposable plate, covered with plastic, except a decorated cake. Decorated cakes can be made of Styrofoam since judging will be based on appearance not on taste of cake.
8. Pies: Display in the pie pan, covered with plastic and left whole.
9. Cookies, Rolls, Muffins, Biscuits and other small items: Select three uniform samples and put on a 6" paper plate in a plastic bag or wrap.
10. Dried foods should be in a plastic bag or baggies.
11. All other foods should be covered with transparent material. Carry on paper plates or disposable plastic trays.
12. Pies, cakes, bread, and large quantity items will be returned after judging, leaving a slice for display.

Class A - Foods - Available to all members enrolled in foods

Lot No.

1. Poster or display on nutrition, food preparation principles or food equipment
2. Any type of bread or yeast rolls made with yeast
3. Any type of quick bread or variety bread made with baking powder or soda
4. Any type of unleavened grain product: tortillas, flat bread, etc. Provide 3 pieces
5. Pie - any kind
6. Cookies or bars - any kind
7. Unfrosted cake - any flavor or type
8. Decorated cake
9. Jam, jelly or preserves - any kind
10. Food preserved by water-bath canning - any kind, see info on food preservation
11. Food preserved by pressure canning - any kind, see info on food preservation
12. Dried food - any kind, 3 varieties
13. Pickles or relishes - any kind, canned, or refrigerator frozen, see info on food preservation
14. Sprouts - 2 varieties, jar or tray
15. Candy - 1 variety, 3 pieces
16. Food made with honey
17. Food made with zucchini
18. Low-calorie snack plate - include written calorie summary
18. Centerpiece made with vegetables
19. Any dish made with dried beans, peas, or lentils - in small dish.
20. Salad dressing - any kind, in a small jar
21. Salad - any kind on a 6" plate
22. Main dish

23. An international dish
 24. One table setting - one place setting using a theme, include menu on a card, placemat, or sample of cloth, dishes, utensils, and appropriate decorations
 25. Cupcakes
 26. Decorated Cupcakes
- 27-31. Any item completed in project
32-36. An educational display

Class B - Cooking 101

Class C - Cooking 201

Class D - Cooking 301

Class E - Party Planner

Class F - Up for the Challenge, Healthy Decisions

Class G - Grill Master

Class H - Sports Nutrition

Class I - Dutch Oven Cooking

Class J - Baking 101

Class K - Baking 102

Class L - Baking 103

Class M - Food Preservation

Class N - Independent Study

Lot No.

- 1-5. Any item completed in project
- 6-10. An educational display

DEPARTMENT 56 **Home and Family**



RULES AND REGULATIONS

1. See 4-H Still Exhibit Interview Judging rules for more information.
2. All entries will be interview judged on Non-Perishable Judging Day.

Class A - Child Development Level 1

Class B - Child Development Level 2

Class C - Child Development Level 3

Class D - Child Development Independent Study

Lot No.

- 1-5. Any item completed in project
- 6-10. An educational display

Class E - Family Adventures

Lot No.

- 1-5. Any item completed in project
- 6-10. An educational display

Class F - Home Environment Level 1

Class G - Home Environment Level 2

Class H - Home Environment Level 3

Class I - Home Environment Level 4

Lot No.

- 1-5. Any item completed in project
- 6-10. An educational display

Class J - Babysitting

Lot No.

- 1-5. Any item completed in project
- 6-10. An educational display