

# Foods for Iowa 4-H Fairs - Quick Reference Guide



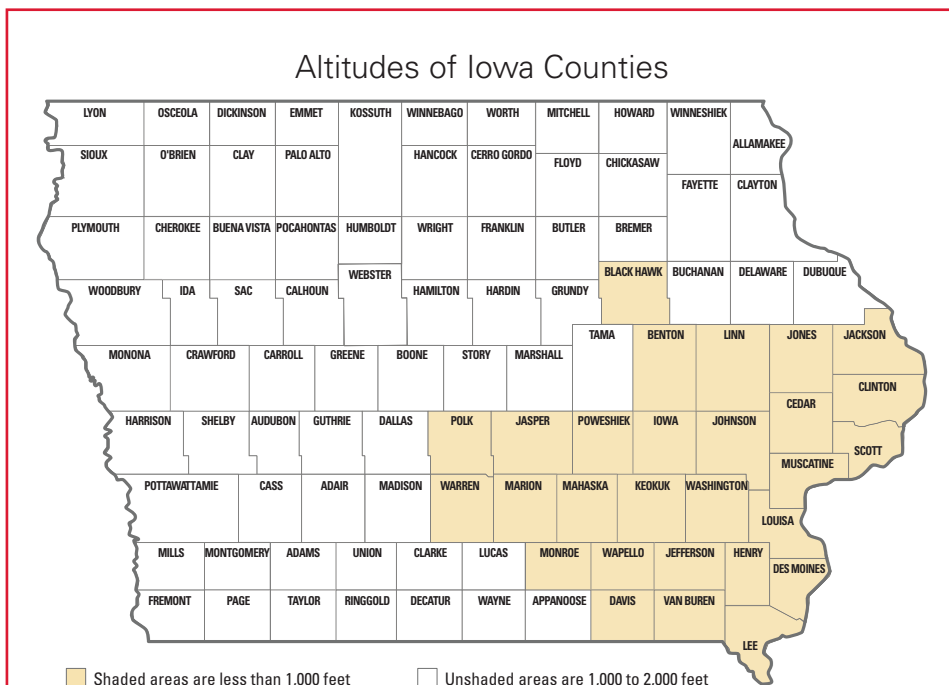
Food and nutrition exhibits involve fun and engaging food science and nutrition experiments such as planning a recipe, purchasing/

comparing cost analysis, examining food characteristics, serving tasty and nutritious meals as well as discovering interaction of various food ingredients in a recipe. Exhibits should be prepared with food safety in mind. Using unsafe ingredients or recipes could cause judges who evaluate exhibits to become ill. Plan ahead for a successful fair experience. Use these guidelines to help you select an acceptable product for exhibit, find an approved recipe source, and identify the appropriate preparation method.

## Approved Recipe Sources

Home preserved food must be prepared using current, tested recipe from one of these sources.

1. Preserve the Taste of Summer Publications
  - Canning and Freezing Tomatoes (PM 638) - [store.extension.iastate.edu/Product/3990](http://store.extension.iastate.edu/Product/3990)
  - Canning Fruits (PM 1043) - [store.extension.iastate.edu/Product/4366](http://store.extension.iastate.edu/Product/4366)
  - Canning Vegetables (PM 1044) - [store.extension.iastate.edu/Product/4367](http://store.extension.iastate.edu/Product/4367)
  - Canning Salsa (HS 21) - [store.extension.iastate.edu/Product/14173](http://store.extension.iastate.edu/Product/14173)
  - Freezing Fruits and Vegetables (PM 1045) - [store.extension.iastate.edu/Product/4369](http://store.extension.iastate.edu/Product/4369)
  - Making Fruit Spreads (PM 1366) - [store.extension.iastate.edu/Product/4785](http://store.extension.iastate.edu/Product/4785)
  - Making Pickles and Pickle Products (PM 1368) - [store.extension.iastate.edu/Product/4787](http://store.extension.iastate.edu/Product/4787)
  - Canning Meats, Poultry, Wild Game and Fish (PM 3021) - [store.extension.iastate.edu/Product/13757](http://store.extension.iastate.edu/Product/13757)
2. Ball Blue Book (published after 2009) - [www.freshpreserving.com/recipes/](http://www.freshpreserving.com/recipes/)
3. National Center for Home Food Preservation - [www.uga.edu/nchfp/](http://www.uga.edu/nchfp/)
  - Judging Home Preserved Foods - [nchfp.uga.edu/publications/nchfp/tech\\_bull/0Judging\\_Preserved\\_full.pdf](http://nchfp.uga.edu/publications/nchfp/tech_bull/0Judging_Preserved_full.pdf)
4. USDA Complete Guide to Home Canning (2015) - [nchfp.uga.edu/publications/usda/INTRO\\_HomeCanrev0715.pdf](http://nchfp.uga.edu/publications/usda/INTRO_HomeCanrev0715.pdf)
5. So Easy to Preserve (University of Georgia) - [www.soeasytopreserve.com](http://www.soeasytopreserve.com)



## Canning and Processing Reminders

If pressure canning is necessary, be sure to use a pressure canner not a pressure cooker. A canner will hold at least 5 quart-sized jars.

Adjust processing time for altitude, if needed. See above map.

## Resource

Contact Iowa State University Extension and Outreach **AnswerLine** with any questions! Tell them you are calling in reference to a 4-H exhibit.

**CALL:** Monday through Friday  
 9 a.m.–noon, 1–4 p.m.  
 In Iowa: 1-800-262-3804  
 In Minnesota: 1-800-854-1678  
 In South Dakota: 1-888-393-6336  
 Relay Iowa (hearing impaired): 1-800-735-2942

**EMAIL:** [answer@iastate.edu](mailto:answer@iastate.edu)

Developed by Shannon Coleman, assistant professor and state human sciences specialist in food safety; Elizabeth Meimann, AnswerLine specialist; Renee Sweers, human sciences specialist in nutrition and wellness, and Lena Frank, student in food science and human nutrition, with Iowa State University Extension and Outreach.

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# Preserved Foods

Home preserved food must be prepared using current, tested recipes to qualify as a fair exhibit.

See page 1 for list of approved recipe sources.

	ACCEPTABLE EXAMPLES	UNACCEPTABLE EXAMPLES	METHOD NOTES
<b>JAMS AND JELLIES</b>	<ul style="list-style-type: none"> <li>Fruit jelly</li> <li>Violet blossom</li> <li>Corn cob</li> <li>Pepper jelly</li> <li>Tomato jam</li> <li>Pectin package recipes</li> </ul>	<ul style="list-style-type: none"> <li>Flower blossoms that have been sprayed with chemicals</li> <li>Recipes made with Jell-O</li> </ul>	<ul style="list-style-type: none"> <li>MUST be processed in a hot water bath.</li> <li>Use approved recipe source from Iowa State University Extension Outreach Preserve the Taste of Summer (PTTS)1, Ball@2, National Center for Home Food Preservation (NCHFP)3, USDA canning guide4, or So Easy to Preserve (SETP)5.</li> <li>Recipes from the insert of the pectin packages are also acceptable. Please attach the insert to your final report.</li> <li>Blossoms must not have been chemically sprayed.</li> </ul>
<b>MAPLE SYRUP</b>	<ul style="list-style-type: none"> <li>Maple syrup</li> </ul>		<ul style="list-style-type: none"> <li>Heat to 185° F, place in sterilized jars. Roll jar so syrup is in contact with all parts.</li> </ul>
<b>SWEET SPREADS</b>	<ul style="list-style-type: none"> <li>Fruit butter</li> <li>Conserves</li> <li>Preserves</li> <li>Marmalades</li> </ul>	<ul style="list-style-type: none"> <li>Recipes made with Jell-O</li> <li>Recipes that require refrigeration</li> </ul>	<ul style="list-style-type: none"> <li>Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP.</li> <li>Recipes from the insert of the pectin packages are also acceptable. Please attach the insert to your final report.</li> </ul>
<b>PRESERVED FRUITS</b>	<ul style="list-style-type: none"> <li>Whole or cut fruits</li> </ul>		<ul style="list-style-type: none"> <li>May be packed in sugar syrup, water or fruit juice.</li> <li>Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP.</li> </ul>
<b>LOW ACID VEGETABLES</b>	<ul style="list-style-type: none"> <li>Beans</li> <li>Carrots</li> <li>Corn</li> <li>Soups</li> <li>Vegetable with meat</li> </ul>	<ul style="list-style-type: none"> <li>Do not pack for artistic affect; "fancy packs" are generally discouraged. Example: snap beans, asparagus or cucumber spears, or carrots carefully hand-placed to produce a tight, vertical pack. This practice allows the food temperature to cool down too much if a hot pack process is intended and used.</li> </ul>	<ul style="list-style-type: none"> <li>Must be processed in a pressure canner.</li> <li>Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP.</li> </ul>
<b>PICKLES AND RELISHES</b>	<ul style="list-style-type: none"> <li>Cucumber</li> <li>Beets</li> <li>Asparagus</li> <li>Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Do not pack for artistic affect.</li> <li>Alum not advised.</li> </ul>	<ul style="list-style-type: none"> <li>Follow tested recipes exactly.</li> <li>Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP.</li> <li>Avoid using "fancy packs" that are not an approved recipe.</li> </ul>
<b>SALSA</b>	<ul style="list-style-type: none"> <li>Canned mild salsa</li> <li>Canned hot salsa</li> <li>Canned fruit salsa</li> </ul>	<ul style="list-style-type: none"> <li>Fresh salsa</li> <li>Pico de gallo</li> </ul>	<ul style="list-style-type: none"> <li>Follow tested recipes exactly.</li> <li>Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP.</li> <li>Any recipe that you "make up" yourself CANNOT be used as a fair exhibit.</li> <li>May NOT contain any corn or black beans. If desired, you can add them at the time of serving.</li> </ul>
<b>TOMATO PRODUCTS</b>	<ul style="list-style-type: none"> <li>Tomatoes</li> <li>Tomato juice</li> <li>Tomato sauce</li> <li>Catsup</li> <li>Spaghetti sauce</li> </ul>	<ul style="list-style-type: none"> <li>Fresh BBQ sauce (not canned)</li> </ul>	<ul style="list-style-type: none"> <li>Must be acidified. Use 1T bottled lemon juice in a pint jar and 2T in a quart jar.</li> <li>Pressure can if recipe calls for it.</li> </ul>
<b>MEATS OR POULTRY</b>	<ul style="list-style-type: none"> <li>Beef</li> <li>Venison</li> <li>Chicken</li> <li>Pork</li> </ul>		<ul style="list-style-type: none"> <li>Must be processed in a pressure canner.</li> <li>Use recipes from PTTS, Ball, NCHFP, USDA canning guide, or SETP.</li> </ul>
<b>DRIED FOODS</b>	<ul style="list-style-type: none"> <li>Fruits</li> <li>Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Meats</li> <li>Jerky</li> </ul>	<ul style="list-style-type: none"> <li>Must be dry.</li> <li>Must be stored in an airtight food grade container.</li> </ul>

# Baked Goods and Confections

	ACCEPTABLE EXAMPLES	UNACCEPTABLE EXAMPLES	METHOD NOTES
PERISHABLE FOOD	<ul style="list-style-type: none"> <li>None</li> </ul>	<ul style="list-style-type: none"> <li>Foods served hot</li> <li>Foods that require refrigeration</li> <li>Foods containing alcohol</li> <li>Foods served or made in containers that are not food-grade</li> <li>Fried foods</li> <li>Smoothies</li> <li>Nut butters</li> <li>Dips</li> <li>Salads</li> <li>Homemade noodles</li> </ul>	
FROSTING	<ul style="list-style-type: none"> <li>Buttercream</li> <li>Cream cheese frosting with at least 2x as much powdered sugar as cream cheese</li> <li>Canned German chocolate frosting</li> </ul>	<ul style="list-style-type: none"> <li>Cream cheese frosting that does not have at least 2x as much powdered sugar as cream cheese.</li> <li>Traditional German chocolate frosting made from scratch.</li> </ul>	<ul style="list-style-type: none"> <li>Products may be exhibited without frosting.</li> </ul>
PIES	<ul style="list-style-type: none"> <li>Double crusted fruit pie</li> <li>Traditional recipe pecan pie</li> </ul>	<ul style="list-style-type: none"> <li>Non-traditional pecan pie (recipe that includes added water or milk)</li> <li>Custard pies</li> <li>Pumpkin pies</li> <li>Meringue pies</li> </ul>	<ul style="list-style-type: none"> <li>Fruit must be cooked.</li> </ul>
PASTRIES	<ul style="list-style-type: none"> <li>Croissants</li> <li>Danishes</li> <li>Strudels</li> <li>Turnovers</li> </ul>	<ul style="list-style-type: none"> <li>Cream or custard filled</li> </ul>	<ul style="list-style-type: none"> <li>Fruit must be cooked.</li> </ul>
CANDIES	<ul style="list-style-type: none"> <li>Cream cheese mints</li> <li>Fudge</li> <li>Taffy</li> </ul>	<ul style="list-style-type: none"> <li>Must not require refrigeration.</li> </ul>	<ul style="list-style-type: none"> <li>Texture must be dry enough that it does not require refrigeration.</li> </ul>
YEAST BREADS	<ul style="list-style-type: none"> <li>White, Wheat, Rye</li> <li>Pretzels</li> <li>Rolls</li> <li>Breads with cheese that is fully incorporated (not visually detectable)</li> </ul>	<ul style="list-style-type: none"> <li>Breads containing meat, salsa, vegetables, beans, fresh herbs or layers of cheese.</li> </ul>	
QUICK BREADS	<ul style="list-style-type: none"> <li>Bars</li> <li>Coffee cakes</li> <li>Muffins</li> <li>Banana, Pumpkin, Zucchini breads</li> </ul>	<ul style="list-style-type: none"> <li>Quick breads containing meat, salsa, vegetables, beans, fresh herbs, or layers of cheese.</li> </ul>	<ul style="list-style-type: none"> <li>May be frosted or unfrosted. See frosting guidelines above.</li> </ul>
BISCUITS	<ul style="list-style-type: none"> <li>Rolled biscuits</li> <li>Dropped biscuits</li> <li>Scones</li> </ul>	<ul style="list-style-type: none"> <li>Biscuits containing meat, salsa, vegetables, beans, fresh herbs, or layers of cheese.</li> </ul>	
CAKES	<ul style="list-style-type: none"> <li>Foam</li> <li>Sponge</li> <li>Shortened</li> <li>Cupcakes</li> <li>Angel food</li> <li>Pound cake</li> <li>Chocolate cake</li> </ul>	<ul style="list-style-type: none"> <li>Cake filled or topped with any product requiring refrigeration.</li> <li>Cake filled or topped with fresh fruit such as cheesecake or Swiss roll.</li> </ul>	<ul style="list-style-type: none"> <li>May be frosted or unfrosted. Frosting is required if decorating skills are part of the goal.</li> </ul>
COOKIES AND BARS	<ul style="list-style-type: none"> <li>Drop</li> <li>Rolled</li> <li>Refrigerator</li> <li>Pressed</li> <li>Bar</li> <li>No-bake lemon</li> <li>Brownies, Scotcherros</li> </ul>		
GRANOLAS	<ul style="list-style-type: none"> <li>Baked granola</li> <li>Cereal</li> <li>Trail mixes</li> </ul>		<ul style="list-style-type: none"> <li>Must be baked.</li> <li>Must be dry and in an airtight food grade container.</li> </ul>