

DIVISION D

FAMILY CONSUMER SCIENCE & HEALTHY LIVING

CLASS DA – Emergency Preparedness and Safety

- Lot 1:** Please provide a notebook, poster or any other item or display that depicts your 4-H Emergency Preparedness or Safety project. Please provide a brief description of the exhibit

CLASS DB – Family Consumer Science (Child Care, Interior Design, Finance)

- Lot 1:** TOY, PUPPET or STORY - created by the 4-H member used for child care.
- Lot 2:** BABY SITTERS KIT – A baby sitter’s kit (contained in a storage container, sturdy box or draw string bag) containing at least eight involvement items for young children, four of which must be handmade by the 4-H member, the remaining may be commercial products. The kit must specify the age range they have built the kit for. Youth should label each item.
- Lot 3:** INTERIOR DESIGN – Room décor (wall hangings, organizers, etc.), concept board, floorplan, or any other interior design related project
- Lot 4:** FINANCE – Notebook, poster or any other item to display that depicts what you have learned about finance through 4-H
- Lot 5:** OTHER – CHILD CARE, INTERIOR DESIGN, FINANCE OR FAMILY CONSUMER SCIENCE - Please provide a notebook, poster or any other item or display that depicts your 4-H Family Consumer Science Project. Please provide a brief description of the exhibit.

CLASS DC – Food Preparation / Cooking

Food items must not require refrigeration. Must include recipe.

- Lot 1:** FOUR BAKED COOKIES
- Lot 2:** FOUR NON-BAKED COOKIES
- Lot 3:** FOUR BAR COOKIES
- Lot 4:** FOUR MUFFINS
- Lot 5:** FOUR BROWNIES
- Lot 6:** LAYER CAKE – square, oblong or round
- Lot 7:** INVENTED SNACK OR TRAIL MIX

- Lot 8:** FOUR PIECES OF CANDY
- Lot 9:** BAKED FRUIT PIE – A single or double crust
- Lot 10:** INTERNATIONAL/ETHNIC FOOD PRODUCT
- Lot 11:** FOOD FOR A SPECIAL OCCASION
- Lot 12:** OUTDOOR COOKING DUTCH OVEN (cake, cornbread, biscuits)
- Lot 13:** OTHER: Any other food item not mentioned above or in bread class. Small items provide 4 items, and large items provide 1.

CLASS DCA – Breads

Food items must not require refrigeration. Must include recipe.

- Lot 1:** QUICK BREAD - one loaf
- Lot 2:** FOUR PRETZELS
- Lot 3:** FOUR BAKING POWDER BISCUITS
- Lot 4:** FOUR BREADSTICKS OR YEAST ROLLS (not a sweet roll)
- Lot 5:** WHITE BREAD
- Lot 6:** SPECIALTY GRAIN (whole wheat, rye, oat)
- Lot 7:** SWEET YEAST BREAD OR FOUR SWEET ROLLS
- Lot 8:** INTERNATIONAL BREAD - one loaf
- Lot 9:** CREATIVE BREAD / BREAD SCULPTURE - one display, use of a bread machine or purchased frozen dough optional

CLASS DCB – Cake / Cupcake Decorating

Exhibits of decorated cupcakes or cakes include:

- Lot 1: FOUR CUPCAKES – Design applied with colored sugar, coconut, candies, etc. All decorations must be edible
- Lot 2: FOUR CUPCAKES – Design using at least 3 different types of decorating tips
- Lot 3: SINGLE-LAYER – 8 or 9 inch round square or a 9x13 inch oblong) or cut-up with design applied with colored sugar, coconut, candies, etc. All decorations must be

edible.

Lot 4: TWO OR MORE LAYERS – Using at least 3 different types of decorating tips.

Lot 5: CHARACTER, 3D or DOLL – Using at least 3 different types of decorating tips.

Lot 6: DECORATED CAKE USING STYROFOAM OR OTHER NON-EDIBLE FRAME

Lot 7: DECORATED CAKE USING FONDANT

Lot 8: OTHER – any other cake/cupcake decorating project not detailed above

CLASS DCC – Food Preservation

State Recommendations for County Fair Canning Guidelines

Many of the following requirements are based on SAFETY guidelines. ONLY those regarding presentation of exhibit or specific fair preferences are adaptable.

SPECIAL RULES FOR HOME CANNING

Canning rules are based on safe food preservation guidelines from approved sources (National Center for Home Food Preservation (NCHFP), USU Extension and Pacific Northwest Extension, USDA, and Ball Canning).

See: <https://nchfp.uga.edu> , <http://canning.usu.edu>, or www.freshpreserving.com

1. Only products of home kitchens are eligible.
2. Products entered must have been prepared (by the person entering them) since the last state/county fair. Older products will not be accepted.
3. All entries must be in clean, standard canning jars (e.g. no mayo jars) with new, single-use two piece lids and rings.
4. A one-quart or pint jar constitutes an exhibit for fruit, vegetables or meat.
5. One standard-size canning jar constitutes an exhibit for preserves, conserves, pickles, and relishes based on recommendations from an approved recipe.
6. One pint or 1/2 pint jar with lid constitutes an exhibit for jellies and jams.
7. Exhibits should be canned using research-tested recipes, i.e., USDA, Ball, pectin brand name or NCHFP guidelines issued 2009 or later. Processing adjustments for altitude, time or pressure must be made and explained on entry label.
8. All fresh fruits, jams, jellies, pickles and relishes must be processed in a boiling water bath and properly sealed. Entries processed in a steam canner will not be accepted.
9. No frozen jams or wax seals will be accepted. The presence of mold disqualifies a product.
10. All meats and vegetables must be processed in a pressure canner.

11. The exhibitor is requested to loosen the ring on the jar (so judges can remove ring and examine the head space).
12. **REQUIRED:** All jars must be labeled with name of product, method (water bath or pressure), pack (hot or raw), length of processing time, pounds of pressure (if applicable), altitude, date, city, recipe source (see above) and when the dial gauge was last tested (Year) attached to the bottom of jar. If sweeteners other than sugar are used, include on label. Labels are available in advance from USU Extension Office or on their website

Product: _____

Method: _____ **Water bath** _____ **Pressure**

Pack: _____ **Hot** _____ **Raw**

Length of Processing Time: _____

Pounds (if pressured): _____ **Altitude:** _____

Year dial gauge was last tested: 20 _____

Processing Date: _____ **City:** _____

Source of Recipe: _____

Exhibitor Comments: _____

Enter one (1) appropriate size jar with completed label on bottom of jar to include the information listed in the General Foods Preservation Rules above.

Lot 1:	CANNED FRUITS – limit of 3 bottles of different fruits
Lot 2:	CANNED JAM/JELLY – or a reduced sugar fruit spread (no freezer jams accepted)
Lot 3:	CANNED VEGETABLES – limit of 3 bottles of different vegetables
Lot 4:	CANNED TOMATO PRODUCT
Lot 5:	SALSA
Lot 6:	CANNED PICKLES OR PICKLED PRODUCT
Lot 7:	CANNED MEATS
Lot 8:	CANNED COMBINATION PRODUCT
Lot 9:	DEHYDRATED FOODS
Lot 10:	FREEZE-DRIED FOODS

CLASS DCD – Cooking / Non-edible

- Lot 1:** TABLE SETTING AND CENTERPIECE – for special occasion **(For county fair use only)**
- Lot 2:** BEGINNING RECIPES - 30 recipes legibly written or typed in file or book.
- Lot 3:** ADVANCED RECIPES - 60 recipes legibly written or typed in file or book.
- Lot 4:** OTHER: Please provide a notebook, poster or any other item or display that depicts your 4-H foods, cooking or nutrition project. Please provide a brief description of the exhibit.

CLASS DD – Health & Wellness

Please provide a notebook, poster or any other item or display that depicts your 4-H project in Health & Wellness project. Please provide a brief description of the exhibit.

- Lot 1:** MENTAL HEALTH
- Lot 2:** EMOTIONAL HEALTH
- Lot 3:** SOCIAL HEALTH
- Lot 4:** PHYSICAL HEALTH
- Lot 5:** HEALTHY RELATIONSHIPS
- Lot 6:** SELF CARE – home made items such as face masks, scrubs, candles, etc.

CLASS DE – Needle Arts

An item made utilizing one of the following:

- Lot 1:** MACRAME – All articles made except jewelry
- Lot 2:** EMBROIDERY & APPLIQUE
- Lot 3:** COUNTED CROSS STITCH
- Lot 4:** LACEWORK
- Lot 5:** NEEDLEPOINT
- Lot 6:** LATCH HOOK
- Lot 7:** ORIGINAL NEEDLECRAFT – Item made from own design, not a kit or pattern

CLASS DEA – Knitting

- Lot 1:** KITCHEN ITEMS
- Lot 2:** SMALL ARTICLES / ACCESSORIES
- Lot 3:** BABY ITEMS
- Lot 4:** SWEATERS
- Lot 5:** AFGHAN
- Lot 6:** LOOM KNITTING
- Lot 7:** ADVANCED STITCHES – cables, fair isle, etc.
- Lot 8:** FELTED ITEMS
- Lot 9:** OTHER – Item related to knitting not listed above

CLASS DEB – Crochet

- Lot 1:** KITCHEN ITEMS
- Lot 2:** SMALL ARTICLES / ACCESSORIES
- Lot 3:** BABY ITEMS
- Lot 4:** SWEATERS
- Lot 5:** AFGHAN
- Lot 6:** LOOM KNITTING
- Lot 7:** ADVANCED STITCHES – cables, fair isle, etc.
- Lot 8:** FELTED ITEMS
- Lot 9:** OTHER – Item related to knitting not listed above

CLASS DEC – Spinning and Weaving

- Lot 1:** SPUN YARN – skeins should weigh at least 2 ounces and be properly tied in 4 places with self yarn. Should include a 3x5 card which describes fiber preparation, fiber content, techniques, and appropriate use.
- Lot 2:** WEAVING – Article made by weaving
- Lot 3:** OTHER – item related to spinning and/or weaving.

CLASS DF – Sewing Construction

- Lot 1:** PILLOWCASE
- Lot 2:** PILLOW
- Lot 3:** DRAWSTRING BAG / CAMP BAG
- Lot 4:** BAGS – Backpack, duffle, handbag, pouch (open or with closure)
- Lot 5:** APRON
- Lot 6:** CLOTHING REMADE – garment must be cut or taken apart in some way in the “redesign” process. i.e., skirt made from Levi pants. May include before and after photo.
- Lot 7:** SHORTS, CAPRIS, PANTS – With casing, elastic or drawstring waistband
- Lot 8:** SHORTS, CAPRIS Pants – With waistband or facing
- Lot 9:** SKIRT – With casing, elastic or drawstring waistband
- Lot 10:** SKIRT – With waistband or facing
- Lot 11:** VEST
- Lot 12:** PAJAMA SET, NIGHTGOWN, ROBE OR LOUNGEWEAR (single pajama pants should be entered in lot 7)
- Lot 13:** JUMPER
- Lot 14:** SHIRT / BLOUSE
- Lot 15:** CASUAL DRESS
- Lot 16:** COAT, JACKET, OR OUTERWEAR
- Lot 17:** MULTI-PIECE OUTFIT (2 or 3 piece, not tailored)

Lot 18: SPECIAL OCCASION DRESS / FORMAL OR EVENING WEAR

Lot 19: TAILORING (2 or 3 piece outfit)

Lot 20: ACTION WEAR (using stretchable fabrics. Swimsuits, leotards, biking shorts, shirts)

Lot 21: CREATE YOUR OWN FABRIC – clothing, home decorations, gifts, wall hangings, accessories or whatever you choose to make with the fabric you have created

Lot 22: SEWING FOR ANIMAL PROJECTS – aprons, saddlebags, tool carriers, cloth carriers, garment bags, hat tote, rope and boot bags, hay/feed bags, pads or beds, animals coats, bird cage covers, leg wraps, tail wraps, saddle blankets, chaps, show clothes, etc.

Lot 23: SOFT SCULPTURE – stuffed doll, animal or other figure utilizing soft sculpture techniques

Lot 24: SEWN FLEECE PROJECTS – Any item constructed from fleece. Exhibits may include: mittens, hats, outerwear, blankets, pillows, boas, etc.

Lot 25: SEWING FOR DOLLS – Any article sewn for a doll

Lot 26: HOUSEHOLD ITEMS – Tissue cover, cord case, etc.

Lot 27: SEWN WEARABLE ACCESSORIES – Scrunchie, headband, infinity scarf, slouchy beanie, etc.

Lot 28: OTHER CREATIVE SEWN TEXTILE ITEM

CLASS DFA – Quilting

Minimum of 50% of quilt should be made by the exhibitor. Please include card explaining your quilting (ie. Did you piece it, quilt it, someone else quilt it, etc.). It is customary to piece the quilt and have assistance with quilting. Regardless of size of quilt, it will be judged on skills utilized.

Lot 1: TIED QUILTS / PIECED

Lot 2: TIED QUILTS / WHOLE

Lot 3: RAG QUILTS

Lot 4: PIECED QUILT TOP – binding and/or quilting done professionally (please indicate)

Lot 5: PIECED QUILTS, MACHINE – 4-H member machine quilted

Lot 6: PIECED QUILTS, HAND – 4-H member hand quilted

Lot 7: APPLIQUES QUILT TOP – Binding and/or quilting done professionally (please indicate)

Lot 8: APPLIQUED QUILTS, HAND – 4-H member machine quilted

Lot 9: APPLIQUED QUILTS, HAND – 4-H member hand quilted

Lot 10: WALL HANGINGS

Lot 11: MINKY FABRIC – Quilt made using mink fabric

Lot 12: OTHER – item related to quilting not listed above

CLASS DFB – Clothing / Textiles / Modeling

Lot 1: DECORATE YOUR DUDS – EMBELLISHED GARMENT – jeans, jackets, t-shirts, vests, shorts, or any clothing article decorated creatively with applique, lace, buttons, bows or other items. Accessories such as hats, shoes and jewelry may be included.

Lot 2: DECORATE YOUR DUDS – FABRIC ALTERED GARMENT – Fabric is tie-dyed, sun-dyed, painted, pieced or otherwise altered while creating garment.

Lot 3: COSPLAY – any costume put together by youth that is not all sewn, multi piece outfit (see DF Lot 17)

Lot 4: FABRIC CRAFT – doll, wreath, basket, wall hanging, or other non-clothing and/or non-sewn item mostly made from Fabric

Lot 5: DISPLAY – Please provide a notebook, poster or any other item or display that depicts your 4-H project in Clothing and Textiles that is not Sewing Construction. Please provide a brief description of the exhibit

Lot 6: OTHER – Non-sewn Creative Textile items not listed above, includes non-sewn fleece projects