

# WHAT YOU NEED TO KNOW ABOUT BRINGING 4-H FOODS

The Foods judging will take place on Wednesday, July 24th from 10 a.m. - 2 p.m. (tentative ending time, this event does some times run PAST 2 p.m.). Other than bringing your food at that time, here is what you will need to know:

1. Read the rules of this division. While this is a simple category to enter, there are many details to consider.
2. One of the most common questions is, "How many cookies/muffins/etc. do I need to bring?" The answer is 3 (3 cookies, 3 muffins, 3 cupcakes, 3 rolls, etc.) However, if this is a whole food, such as a bread, you need to submit the entire product. In this case, the product needs to be whole and uncut. All unfrosted cakes should be exhibited in an upright position with the crust showing. The exception is for those cakes made in special designs such as bundt cakes. They should have top side crust down. If you have any questions call the Extension Office - (620) 532-5131.
3. Don't forget your recipe! You'll need that printed out to hand to the judge.
4. Labels – You will need a label on your plate with the Class, Name of the Product, Name of the 4-H'er. The Extension Office will have some made up for you to use. However, feel free to make your own with that information if you are not able to make it into Kingman.
5. What if you earn a purple ribbon? Well, that gives you the opportunity to sell your food in the Purple Ribbon Food Auction on Friday, July 26th. You will need to bake a fresh item and package it for your buyer. Details on when to arrive will be distributed at the foods judging.
6. What happens to my food after it is judged? You have the option of taking the food home with you or leaving it for the 4-H bake sale. Proceeds from the sale goes to the Kingman County 4-H Council for scholarships!
7. You'll note in the Fair Rules and Regulations that your Food Preservation recipes **MUST** be tested. No homemade recipes or other untested recipes are accepted and they will be disqualified for safety reasons.

When you meet with the judge for consultation judging, you will want to know the details of your recipe. The judge may ask you about specific ingredients, what you like about the product, why you chose it, what the nutritional details of the food is, etc. Smile, have fun with it, and use this as a great learning tool!

Questions? Please ask! Call the Extension Office or feel free to e-mail Andrea at [awood@ksu.edu](mailto:awood@ksu.edu).