

**2023 Food and Nutrition Project Requirements**

459 Let's Start Cooking	474 Beyond the Grill
461 Let's Bake Quick Breads	475 Star-Spangled Foods
462 Yeast Breads on the Rise	476 Kitchen Boss
463 Sports Nutrition: Ready, Set, Go	477 Party Planner: 4-H Guide to Quantity Cooking
467 Cooking on my Own	481 Everyday Food and Fitness
469 Global Gourmet	484 Snack Attack!
472 Grill Master	485 Racing the Clock to Awesome Meals
	486 Dashboard Dining: Healthful Fast Food
	487 Take a Break for Breakfast

**Judging Time**

All of these projects will be judged on July 18 or August 2. Appointments for judging can be made online beginning June 1. The link to the sign up will sent out in the weekly 4-H Email Newsletter or if you do not have internet access, call the Extension office at 419-281-8242 to schedule an appointment.

For all projects above, bring the following to judging:

- One prepared food and it's recipe. If it is a hot/cold food, come prepared to keep it hot/cold during judging. Member should pay attention to presentation and cleanliness of items brought to judging.
- Completed project book
- A breakfast, lunch, dinner and snack menu for one day that includes the food exhibited.
- Bring appropriate table service for the food you have prepared.

See the list below for additional specific items that must be brought for certain projects:

**461:** Bring two different quick breads.

**462:** Bring two different breads from two different mixing methods.

**462, 467, 469, 476:** Bring cost per serving of the prepared food brought.

For project **#486** bring completed project book and an educational display about one of the activities completed in the project.

**Ashland County Junior Fair Exhibit**

1. Complete a Junior Fair entry for your project online before the August deadline.
2. Bring your Educational display or item made to display at the fair  
No edible foods that will get moldy, spoil or attract insects may be exhibited.

\*4-H'ers should try all of the recipes in the project book as well as from other sources. Foods exhibited at judging may or may not be from recipes in the project book.

**\*Over for more projects\***

490 Science Fun with Dairy Foods  
492 Cake Decorating: all levels  
670 Canning and Freezing

County Projects  
1002 Perfect Pies  
1007 Cookie Jar  
1005 Candy Making

## Judging

All of these projects will be judged on July 12 or July 20. Appointments for judging can be made online beginning June 1. The link to the sign up will be sent in the weekly 4-H Email Newsletter or if you do not have internet access, call the Extension office at 419-281-8242 to schedule an appointment.

For all projects above, bring the following to judging:

- Completed project book/records

**490:** Bring educational display featuring one of the experiments in the book.

**492:** Bring at least one decorated cake or cake form showing techniques you have learned in this year's project.

**670:** Bring an educational display featuring one of the lessons in the book.

**1002:** Bring one regular size pie and one crust sample, different from that in the pie; breakfast, lunch, dinner, and snack menu for one day that includes food exhibited; and appropriate table setting for food you have prepared.

**1007:** Bring two cookies each from four different types of cookies; breakfast, lunch, dinner, and snack menu for one day that includes food exhibited; and appropriate table setting for food you have prepared.

**1005:** Bring three pieces of candy of at least three different types of candy.

## Ashland County Junior Fair Exhibit

1. Complete a Junior Fair entry for your project online before the August deadline.
2. Bring your Educational display or item made to display at the fair

**\*\*** No edible foods that will get moldy, spoil or attract insects may be exhibited.

\*4-H'ers should try all of the recipes in the project book as well as from other sources. Foods exhibited at judging may or may not be from recipes in the project book.

## Judging

All of these projects will be judged on July 12 or July 20. **Appointments for judging can be made beginning June 21 by completing the online sign up sent in the weekly 4-H Newsletter or if you do not have internet access, call the Extension office at 419-281-8242.**

**Bring to Judging:** For all projects above, **bring completed project book/records. Also bring the following:**

**490:** Bring educational display featuring one of the experiments in the book.

**492:** Bring at least one decorated cake or cake form showing techniques you have learned in this year's project.

**670:** Bring an educational display featuring one of the lessons in the book.

**1002:** Bring one regular size pie and one crust sample, different from that in the pie; breakfast, lunch, dinner, and snack menu for one day that includes food exhibited; and appropriate table setting for food you have prepared.

**1007:** Bring two cookies each from four different types of cookies; breakfast, lunch, dinner, and snack menu for one day that includes food exhibited; and appropriate table setting for food you have prepared.

**1005:** Bring three pieces of candy of at least three different types of candy.

**Fair Exhibit (for ALL Foods & Nutrition Projects):** Educational display.  
No edible foods that will get moldy, spoil or attract insects may be exhibited.

\*4-H'ers should try all of the recipes in the project book as well as from other sources. Foods exhibited at judging may or may not be from recipes in the project book.