

2020 FOOD AWARENESS & PRESERVATION FACT SHEET

Ohio State University Extension
Erie County 4-H
2900 Columbus Ave, Sandusky, OH 44870
419-627-7631 or 1-888-399-6065
<http://erie.osu.edu>

Project Numbers

- ✦ 376 – Pantry Panic
- ✦ 486 – Dashboard Dining
- ✦ 670 – Canning and Freezing

Key Leader – Carolyn Cull

Questions? 419-239-4953

Educator Responsible - Angie Holmes

Evaluation, Time & Place

Food Project Judging will be at **EHOVE on Tuesday, July 28th at 9:00am.** Detailed schedule will be posted in July.

Announcement of results will begin when they are available. The Outstanding Food Awards will be announced at Fair Awards.

General Information & Requirements

Project check-in: Bring your exhibit to the fairgrounds on Monday, August 10, 2020 between 5-8pm.

Project check-out times are:

Supervised - Sunday, August 16, 2020 from 7-8pm

Unsupervised - Sunday, August 16, 2020 from 8-9pm

Monday, August 17, 2020 during the day, after that projects will be at the Extension Office until September 18.

1. Completed project books and Member Project Guides are required at all judgings. If the book and/or guidelines are not complete or present, the letter grade will be lowered and the member is not eligible to place.
2. Appropriate attire for judging is required. Appearance should be neat, clean, and respectful. No shorts, tank tops, tube tops, halter tops, midriff tops, or low rise jeans should be worn for judging.
3. All projects displayed at the fair must be identified with name, age, and project. Display must be for the current year's project.
4. Junior division includes ages 13 and younger. Senior division includes ages 14 and older as of January 1 of that judging year.
5. Read the State Fair guidelines for your project judging. It's easier to document your project while you are doing it, rather than after the fact. Guidelines can be found here: <https://ohio4h.org/nonlivestockguidebook>

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
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✍ 376 Pantry Panic (Advanced members with lots of experience or 14-18 years old)

This project is for community-minded youth who want to take a step back and look at food in a broader context. “Food insecurity” is an issue affecting much of the world’s population, as well as many people right in our own communities. Learn about hunger in your community and develop the skill and imagination to prepare healthful meals from ingredients you have on hand or might receive from a food pantry.

Bring exhibit illustrating highlights of your project experiences and accomplishments to share with the judge during the interview and fair-goers. Exhibit should not exceed 36” X 36” and 24” deep. Exhibit could be a poster, scrapbook or other educational display.

***This project goes to State Fair on Leadership Day, not with food projects.

✍ 486 Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices (Intermediate members with some experience or 11-13 years old)

Look at fast food in a whole new light! This project book shows you how to make fast food menus part of a healthy lifestyle. From understanding true food portions and healthful choices to “designing” your meals with your new nutrition knowledge—you will learn skills to last a lifetime!!

Bring exhibit illustrating highlights of your project experiences and accomplishments to share with the judge during the interview and fair-goers. Exhibit should not exceed 36” X 36” and 24” deep. Exhibit could be a poster, scrapbook or other educational display.

***Please note the State Fair requires a portfolio in a binder or 3-prong folder with a page per “activity area” or “interest area.”

✍ 670 Canning and Freezing (Intermediate members with some experience or 11-13 years old)

Explore water bath canning and freezing home preservation methods. (Pressure canning is not included). Learn how pH determines which canning method to use, become familiar with canning equipment and when fruits and vegetables are in season, and preserve produce using the freezing method. The last activity is an easy, step-by-step guide to water bath canning your own applesauce! Members must have access to a current, reliable home food preservation guidebook.

Bring exhibit illustrating highlights of your project experiences and accomplishments to share with the judge during the interview and fair-goers. Exhibit should not exceed 36” wide by 24” deep. Exhibit could be a poster, scrapbook or other educational display. Bring a jar of home canned applesauce to show the judge, as well as one other food you have frozen or canned (your choice). If you bring a frozen food, make sure that it is kept frozen with a cooler and ice packs.

***This project goes to State Fair with Natural Resources, not Food projects.