

### Rules

- Read General Rules and Regulations. All 4-H exhibitors must submit record books. See General rule 7.
- Baked good must include complete recipe card, with the exact product name. Recipes may be a photocopy. Follow recipe directions exactly. All pies should be in aluminum pie plates. Paper plates will be furnished for exhibiting. Cover with plastic wrap. Foods made with mixes will be entered in Lot 5 through 16; state name of mix and added ingredients. Each exhibitor must prepare his/her own batch of an item. All food must be thrown away after the fair, as it may be contaminated.
- Decorated cakes and cookies (Lots 9 and 18) will be evaluated on presentation and artistic interpretation of the theme and are not sampled. They do not have to be made by the exhibitor, only decorated by them. Box mixes may be used. Non-edible materials may be used.
- Note this year's decoration themes in Lots 9 and 18 and prepare entries accordingly.
- The Fair Association will not be responsible for non-disposable dishes left with food for exhibit.
- State Baking contests are open only to members in Middlesex and New Haven Counties or adults eligible for the "Over the Clover" Division.
- See details of baking contests on previous pages.

### Attention Connecticut State Contest Winners

If you are the winner of either the Adult Baking, Junior Baking, or Apple Pie Baking contests or the Quilt Contest, please see the Coordinator of Home Arts and give your contact information.

1. The 4-H Fair is responsible to notify the Association of Connecticut Fairs about the winners of our contests who will be representing this fair.
2. It is each winner's responsibility to register with the Connecticut Association of Fairs if they want to attend the state contest, dinner and ceremonies later in the fall. Each ACF contest exhibitor will be given the directions to access this information at the time of registration on Friday.
3. It is each winner's responsibility to arrange transportation to and from the event for themselves and their exhibit and pay any required fees.
4. The 4-H Fair will reimburse the cost of the dinner for the 4-H Fair contest winners who attend the annual meeting following the event. Information concerning reimbursement will be given out at time of registration. If you have questions, please contact the 4-H Office at 203-407-3158 or go to the ACF website at <http://www.ctfairs.org>

## Food and Nutrition

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Lot	Description
14.01	Baking power biscuits or muffins, (4) any kind
14.02	Loaf (standard size) of quick bread (banana, date, etc)
14.03	Individual pastries or donuts (4)
14.04	Yeast rolls (4), loaf of yeast bread
14.05	Holiday bread or coffee cake (made with yeast)
14.06	Cookies (6) or squares (4)
14.07	Gingerbread (un-frosted)
14.08	Cake or cupcakes (4)
14.09	Decorated cake: "Alice in Wonderland"
14.10	Pie (not cream or custard)
14.11	Candy (6 pieces)
14.12	Any other baked item
14.13	Association of Connecticut Fairs Junior Baking Contest
14.14	Association of Connecticut Fairs Adult Baking Contest
14.15	Association of Connecticut Fairs Baking Contest 2 crust pie
14.16	Baked goods with a mix as one of the ingredients
14.17	Non-baked cookies (6)
14.18	Decorated cookies: "My Favorite Holiday"
14.19	Any other food item

### Awards

See General Rules 9 and 18.

**The 4-H Foods Award** – presented for the outstanding food exhibit.