



# Outagamie County 4-H

## Foods & Nutrition Newsletter

July 2021

Hello,

We hope to see you all at the Outagamie County Fair on entry day July 20<sup>th</sup>. Here is the link to the Foods & Nutrition Fair Book pages.

[Microsoft Word - Department 125.docx \(outagamiecountyfair.com\)](#)

### Dates to Remember:

Tuesday, July 20 – Entry Day (Noon – 6pm)

Sunday, July 25 – Foods Revue (1 pm)

Sunday, July 25 – Entries Released (5pm)

The Foods Committee would like to know what you think of this Foods Newsletter!!

Somewhere in this issue we hid this image - When you find it, email [katie@stilles.org](mailto:katie@stilles.org) with where you found it for a chance to win a gift card.



## Thank You

Thank you very much to Jada, Bekah, and Susan for helping make grilled cheese and malts at the Committee review meeting.

Thank you to the Koleske family for their help and organization with food at the Committee review meeting.

### Foods Committee Members

please feel free to contact us if you have any questions!

Resource Leader: Sheila Vander Zanden –  
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Do you have a favorite recipe that you would like to share?

Email the recipe to Katie and we will include it in an upcoming issue!!

[katie@stilles.org](mailto:katie@stilles.org)



# See What's Cooking

Hello fellow Foods and Nutrition and Food Preservation members!!

It's the home stretch to the fair!! By now you should have your recipes practiced. If not, you are in luck! You still can practice them yet before the fair; however, time is flying by quickly.

Did you get a chance to watch Jackie Dirkes' video entitled "4-H version of the Smoothie"? I love that Jackie is having fun while baking and cooking. It sounds like she really is becoming passionate about combining food with fun. I can't wait to see her entries as well as all of yours. I will be up at the fair taking pictures to display on the monitor. It is always fun for me, to watch as you are judged. I can see your sense of accomplishment, interest and I enjoy the smiles on your faces. Remember, it's not the placing of the entry; it's the experience and reflection. Keep smiling! 😊

Thank you to all of you who were able to experience the foods project this year. It was our hope that you benefited from these newsletters. A special thank you goes to all of those members who took a moment to submit a story about their foods experience. We appreciate all of you who read through our newsletter.

As we start to go back to in-person meetings, our intent is to still provide a newsletter to offer you the most information that we have available to assist you in building those food skills.

On behalf of the Outagamie County Foods Committee, we wish you the best at the fair. Remember to wear your 4-H pride and help to show to others a positive and fun attitude!

See you at the fair!!

Mrs. Sheila Vander Zanden (Mrs. VZ)





## Preparing for the Outagamie County Fair

### Notes from the Fair Superintendents...

Happy July to everyone! Wow, we can't believe the Fair is only a week away! In the past newsletters we have provided information we believe will prepare you for entry day. In this article we are going to review key things to remember for Fair entry day and your judging experience. Here we go.

1. **Read the guidelines in the Fair Premium Book carefully.** How many items do you need? Size of the pan you should use? Should you bring a corner piece? No frosting or frosting? Individual serving? Do you need to include the recipe? Food Preservation entries need to have metal screw bands removed and labeled with processing information. Entries brought in a zip-lock bag need to have proper amounts.
2. **Which items should I bring?** Foods and Nutrition members when you need to bring a plate of 3, find three that are the same size, color, shape, texture. When you need a corner piece,  $\frac{1}{4}$  cake,  $\frac{1}{3}$  loaf, select the portion that has nice color and texture. For Food Preservation entries look for items where the food has beautiful color, are cut the same size, and packed into the jar nicely.
3. **Know your recipe!** The judge will ask you many questions about your food item and how you made it in order to find out what you have learned. Foods and Nutrition members know the ingredients you used. Know the steps of how you made it. For some food entries you need to bring a written recipe. For Food Preservation members how did you prepare the vegetables and fruit for preserving?
4. **Know terms/directions in your recipe.** The recipe may say blend, combine, cream, fold, or sift. What does that mean? What does it mean to knead the dough? By asking you questions, the judge can gain an understanding of your knowledge. For Food Preservation what is the method of preparation you used or the method of processing?

5. **Transporting your items safely to the Fair.** How will I get my food items to the Fair? Leave it in the pan? You will have an opportunity to cut it at check in. Put your cookies or muffins in a container and bring a few extra in case something happens to one. How will I keep the item cold? How will I keep the item warm? Food Preservation jars should be wrapped in something soft.
6. **Check in.** Once you arrive at the Foods and Nutrition/Foods Preservation judging area we have a check in table. Here we will look at your entry tags. Make sure you have them with you. At this table Foods and Nutrition members will be provided with a tray or bowl that you will place your food item on/in. If you haven't cut your food item to the required size this is where you may do that. Here is where you can select the items you want to show the judge. For Food Preservation we will check entry tags also, have them with you, and look that bands have been removed and jars are properly labeled.
7. **Presentation!** Presentation of your food item is important. The judge looks at your food entries and canning entries with her eyes first. At the check in table Foods and Nutrition members are able to place your food item on the tray or in the bowl the way you want it to be seen by the judge. The food should look appealing.

We know you can do this! You have been planning, practicing, and preparing for entry day. Smile and relax. Show the judge all that you have learned in your Foods and Nutrition/Food Preservation 4-H project. Looking forward to seeing all of you on Fair entry day, July 20<sup>th</sup>! **Wishing you all the Best of Luck!**

Joanne and Penny  
Fair Superintendents



## A Moment with a Member

Hi, I am Susan Koleske. I am a junior in high school and I have been a foods member for 11 years. I have learned a lot in that time. One thing I have learned in my years as a foods member is that for foods revue you should make sure you cover all the foods groups on your menu.

Although you only have to make one part you still need to make a menu to say what you would serve with your dish.

I hope this helps anyone who is interested in foods revue.



We want to know what **you** are working on for your foods project!!

Please send a picture with a short explanation to [katie@stilles.org](mailto:katie@stilles.org).

Today's Cooking  
Funny...

If I have to open a  
box and add water...

It's Homemade!

