



# Outagamie County 4-H Foods & Nutrition Newsletter

July 2022

Hello everyone,

We are days away from the Outagamie County Fair!! This newsletter will be shorter as we know that you all are very busy finishing up your fair entries. Please be sure to read through the whole newsletter! There is a lot of helpful information. Have a great Fair week!!!



## Strawberry Slush Punch

1. Bring  $\frac{3}{4}$  c sugar, 3 c water, and 1 (3 oz) pkg strawberry Jello to a boil in a large saucepan. Boil until Jello and sugar are dissolved.
2. Stir in  $\frac{1}{2}$  (46 oz) pineapple juice,  $\frac{1}{3}$  c lemon juice, and 2 cups orange juice.
3. Allow mixture to cool before pouring into containers (Cool Whip bowls work well.)
4. Freeze the mixture until solid.
5. Once frozen, scrape out a cup full, add lemon-lime soda or ginger ale and stir.
6. OR remove a  $\frac{1}{2}$  c sized chunk from container and place in blender with  $\frac{1}{4}$  cup soda. Blend until frothy. Pour into a cup and add additional soda.

Great treat on a  
hot summer day!!

### Foods Committee Members

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

Resource Leader: Sheila Vander Zanden –  
[dvanderzanden1@new.rr.com](mailto:dvanderzanden1@new.rr.com)



Susan Koleske (youth) [susankoleske@gmail.com](mailto:susankoleske@gmail.com)

Bill Koleske – [wmjschev@gmail.com](mailto:wmjschev@gmail.com)

Alicia Schroeder (youth) - [js3creeks@gmail.com](mailto:js3creeks@gmail.com)

Jean Schroeder – [js3creeks@gmail.com](mailto:js3creeks@gmail.com)

Katie Stille – [katie@stilles.org](mailto:katie@stilles.org)

Foods Superintendent: Penny Pudlo –  
[tpmapudlo@att.net](mailto:tpmapudlo@att.net)

***Food tastes better  
when you eat it with  
your family.***

### Dates to Remember:

July 19 – Entry Day (TUESDAY)

July 20-24 – Outagamie County Fair

July 24 – Foods Revue at the fair

# See What's Cooking



It's the week before the fair, when all through the house  
4-H members were scrambling, and maybe even the mouse!

The projects are getting their finishing touches with care.  
When they realized, they hadn't even started to think about their food entries to their error.

Paging through the entry forms, they realized what was to be done.  
Oh, my goodness, why did I sign up for all of this? It's no fun.

Taking each recipe, one by one, they choose what could be made ahead,  
And "I can do rest on entry day", they may have said.

Tuesday, July 19, 2022 has arrived, getting up early to start.  
We have between noon and six to enter everything, even that Cherry tart.

The members arrive at the Outagamie County Fair.  
Taking absolute proper Food sanitation care.

Presenting those foods entries with the utmost confidence in how they were prepared.  
Answering all of the judges' questions, patiently waiting for how they would be fared.

Yes, it was the mark and ribbon that they would feel is just.  
Now off to the Dairy Bar for that treat is the quest.

As the 4-H members enjoy that treat at the end of that day.  
They reflect on all the great learning skills and experiences, they will say...

4-H is a great Youth organization, that offers so many opportunities and skills  
4-H can be a lifelong thrill!

The fair is a great opportunity for our 4-H members to showcase their projects. It offers our members the chance to learn, grow and meet new friends.

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!!

*Sheila Vander Zanden, (Mrs. VZ)*



# Preparing for the Outagamie County Fair

## Notes from the Fair Superintendents...

Happy July!!

Wow, we can't believe the Fair is only a few weeks away! In the past newsletters we have provided you with 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. Jars should be clean.
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? What process did you use?
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.** I would like to spend a little more time speaking about this tip. How will I get my food items to the Fair? A number of the entries can be transported to the Fair right in the pan they were baked in. You will have an opportunity to cut it at the check in table. Cover the pan with a top, foil or plastic wrap. Place cookies, rolls, muffins, and doughnuts in a safe covered container. Bring a few extra just in case one breaks. Soups could be transported in a thermos. Cold foods could be brought in a cooler. Wrap the hot foods container in newspaper or a towel. Some casserole dishes come with an insulated carrying case. Food Preservation jars could be placed in a box with newspapers, paper towels, or towels placed between the jars so they do not hit each other and possibly break.
6. **Check in.** Once you arrive at the Foods and Nutrition/Food 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 with the required information.
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. We are looking forward to seeing all of you on Fair entry day!

**Wishing you all the Best of Luck!**

*Joanne and Penny - Fair Superintendents*