

DIVISION M - FOODS

Division Rules & Regulations:

- Only 4-H Members may exhibit in this division. Exhibitors may enter only one (1) exhibit in each class, unless otherwise noted in section.

Pre-entry is required. **YOU MUST USE THE INTERNET ENTRY SYSTEMS FOUND AT www.marylandstatefair.com** Internet entries are due **July 15th, 2026**. Exhibitors without internet access should contact their County Extension Educator for assistance. All exhibitors must complete and submit a release form during online entry.
- Exhibitors and exhibits must comply with the "General State Fair Rules & Regulations", "General 4-H and FFA Rules & Regulations", these "Division Rules & Regulations" and the applicable "Section Rules & Regulations".
- All exhibits must be clean and free of labels, etc., unless otherwise specified in the section rules or class description. Exhibitors must attach the Official State Fair Entry Tag to their exhibit prior to entry.
- Judging:** All exhibits will be judged on their own merit. The Judges will then at their own discretion give placings up to 10th Place in each class Food Preparation and Food Preservation. Unless otherwise noted in section, exhibits will be judged in one of the 4-H Age Divisions: Junior (ages 8-10 as of 1/1/24); Intermediate (ages 11-13 as of 1/1/24); Senior (ages 14-18 as of 1/1/24). Entries not conforming to class description and/or division/section rules & regulations will be disqualified.
- Awards:** In Food Preparation and Food Preservation, ribbons will be awarded to the 1st – 10th Place exhibits in each class. Premiums: 1st (\$7), 2nd–10th (\$5). In 4-H Healthy Lifestyles Poster, Nutrition Poster/4-H EFNEY, Food Science Display and 4-H Menu Judging, ribbons/premiums will be awarded to each exhibit according to the rating it receives - Excellent (\$7), Very Good (\$5) or Good (\$5). Rosettes will be awarded to the Junior, Intermediate and Senior Champion and Reserve Champions in each section, if there are sufficient entries as determined by the Superintendent.
- Entries for this division will be received Tuesday, August 25th from 2pm to 8pm in the 4-H/FFA Home Arts Building and released on Monday, September 14th from 9am to 7pm. An early-bird release period will be made available on Sunday, September 8th from 8pm to 10pm AFTER the building is closed to the public.

SECTIONS 1-8 - FOOD PREPARATION

Superintendents: Linda Brown and Amanda Clougherty
 Phone: (410) 310-7966 Email: akbrown@umd.edu

Section Rules & Regulations:

- Exhibitors must be enrolled in a 4-H Food Project for the current year.
- All entries must be made by the individual 4-H member.** Entries by different youth from the same household that appear to be from the same pan/batch may be disqualified at the discretion of the Superintendent. Exhibitors are encouraged to make his/her own recipe, different from those who are in the same household. Officials may check across age divisions for duplicates.
- Exhibitors must enter the exact number of items indicated in parentheses in the class descriptions, i.e. Cookies (4) means 4 individual cookies.
- All food entries must be accompanied by a Recipe Card.** The Recipe Card should include the list of the ingredients, the amounts and procedures for preparing a product. Recipe Cards must be printed or typed. Exhibits without recipe cards will be **disqualified**.
- Decorated cake classes may use commercial or fondant icing. Otherwise, the frosting and cake recipes must be included on the Recipe Card. Cake must be made from batter, No Styrofoam or cereal bases may be used.
- No mixes or bread machine entries are allowed** (cookie mixes, biscuit or pancake mixes, etc.) All entries must be homemade.
- Since refrigeration is not available, cream cheese, yogurt, whipping cream, fresh fruit, etc. may not be used in fillings or icings. Eggs used in recipes **MUST** be cooked.
- Bring food exhibits on disposable plates/trays/ bags etc. A sample of each baking exhibit will be put on display in uniform plastic containers. At the time of entering, exhibitors will be asked to decide whether to pick up remaining entries after judging on Wednesday August 26 from 5-7pm OR to donate to the MD State Fair. Exhibits will be disposed of when they are no longer visually appealing. All food exhibits, excluding gift baskets/boxes, will be disposed of by Fair Staff.
- All cookies must be baked.

Junior	Inter.	Senior	Class Description	Junior	Inter.	Senior	Class Description
QUICK BREADS & PIE CLASSES (Section 1)				COOKIE CLASSES (Section 3)			
M1001	M2001	M3001	Baking Powder Biscuits-rolled (4)	M1030	M2030	M3030	Brownies with nuts, 2"square (4)
M1002	M2002	M3002	Biscuits – dropped (4)	M1031	M2031	M3031	Brownies without nuts, 2" square (4)
M1003	M2003	M3003	Muffins, Fruit (4)	M1032	M2032	M3032	Blonde Brownies, 2" square (4)
M1004	M2004	M3004	Corn Bread Muffins or Bars (4)	M1033	M2033	M3033	Bar Cookies- not brownies 2" square (4)
M1005	M2005	M3005	Coffee Cake-Cinnamon (Whole)	M1034	M2034	M3034	Peanut Butter Cookies (4)
M1006	M2006	M3006	Coffee Cake-Fruit, (Whole)	M1035	M2035	M3035	Oatmeal Cookies (4)
M1007	M2007	M3007	Fruit Bread with or w/o nuts (Whole)	M1036	M2036	M3036	Chocolate Chip Cookies (4)
M1008	M2008	M3008	Vegetable Bread- with or w/o nuts (Whole)	M1037	M2037	M3037	Snickerdoodles (4)
M1009	M2009	M3009	Scone, any type (4)	M1038	M2038	M3038	Other Drop Cookie (4)
M1010	M2010	M3010	Pie, Double Crust, Fruit Only, 8-9" pie	M1039	M2039	M3039	Molded/Shaped Cookies-by hand (4)
M1011	M2011	M3011	Pie, Crumb Crust, Fruit Only, 8-9" pie	M1040	M2040	M3040	Fancy Cookies-filled, iced, etc. (4)
YEAST BREAD CLASSES (Section 2)				M1041	M2041	M3041	Pressed Cookies – thru a gun or mold (4)
M1015	M2015	M3015	Rolls-plain, white (4)	M1042	M2042	M3042	Rolled Cookies with cookie cutter (4)
M1016	M2016	M3016	Rolls-whole wheat (4)	M1043	M2043	M3043	No Bake Cookies or Bars (4)
M1017	M2017	M3017	Rolls-other (4)				
M1018	M2018	M3018	Loaf-plain white (Whole)				
M1019	M2019	M3019	Loaf-whole wheat (Whole)				
M1020	M2020	M3020	Loaf-other, identify (Whole)				
M1021	M2021	M3021	Coffee Ring-whole product				
M1022	M2022	M3022	Loaf, Cheese Bread (Whole)				
M1023	M2023	M3023	Loaf Gluten Free (Whole)				

Junior	Inter.	Senior	Class Description	Junior	Inter.	Senior	Class Description
CAKE CLASSES (Section 4)				CAKE CLASSES (Section 4) Continued			
M1044	M2044	M3044	Angel Food Cake-no icing/glaze (Whole)	M1051	M2051	M3051	Other flavor Cake-icing, 2 layers (Whole)
M1045	M2045	M3045	Sponge Cake (Whole)	M1052	M2052	M3052	Cup Cakes-any flavor with icing, liners ok (4)
M1046	M2046	M3046	Chiffon Cake (Whole)	M1053	M2053	M3053	Cup Cakes-fancy, filled, liners ok (4)
M1047	M2047	M3047	Pound Cake-no icing/glaze or layers (Whole)	M1054	M2054	M3054	Other Cake, Whole
M1048	M2048	M3048	Spice Cake-icing, 2 layers (Whole)				
M1049	M2049	M3049	Yellow Cake-icing, 2 layers (Whole)				

CANDY CLASSES (Section 5)

M1055	M2055	M3055	Peanut Butter Fudge - cooked, Plain, 1"x1" (4 pieces)
M1056	M2056	M3056	Chocolate Fudge - cooked, Plain, 1"x1" (4 pieces)
M1057	M2057	M3057	Chocolate Fudge - cooked, not plain, identify 1"x1" (4 pieces)
M1058	M2058	M3058	Nut Brittle (4 pieces)
M1059	M2059	M3059	Macaroons (4)
M1060	M2060	M3060	Cooked Candy (4 pieces)
M1061	M2061	M3061	Meringues (4 pieces)
M1062	M2062	M3062	Butter Creams (4 pieces)
M1063	M2063	M3063	Candy Bark, 2" min size (4 pieces)

DECORATED CAKE CLASSES (Section 6) - *The whole cake may not exceed 9" w x 13" x 12" h. All decorations and cake must be edible. Cake must be made from batter i.e. No rice krispies or cereal. Cake and icing recipes must be included.*

Junior	Inter.	Senior	Class Description
M1064	M2064	M3064	Special Occasion - decorated for a special event such as a wedding, birthday, anniversary, shower, etc.
M1065	M2065	M3065	Novelty - decorated to carry out an idea, may be shaped/decorated to resemble an animal, person or idea (i.e., pizza, bunny, etc. It is not a birthday, shower, or other special occasion cake.
M1066	M2066	M3066	Maryland 4-H Cake - Decorated to carry out the idea of "Maryland 4-H". Place on a non-returnable container.

HEALTHY CHOICES CLASSES (Section 7) - *These are baked items where ingredients have been eliminated, reduced or substituted so people with dietary restrictions may enjoy a baked product. Substitutions must be specific. Include an explanation of changes made to the recipe and what needs will be met by these changes. Judges will evaluate the item for its quality, taste, appearance and effectiveness in totally meeting a special dietary need.*

Junior	Inter.	Senior	Class Description
M1067	M2067	M3067	Quick Bread (whole loaf)
M1068	M2068	M3068	Cake (½)
M1069	M2069	M3069	Cookies (4)

GIFT BASKET/BOX CLASSES (Section 8) - *Items should be arranged in a decorated basket/box to be used as a gift. Place one sample of each item in a plastic bag for judging. Recipe Cards should include recipes for all edible items in the gift as well as the audience for which the gift is intended.*

Junior	Inter.	Senior	Class Description
M1071	M2071	M3071	Quick Bread - 5 different kinds of quick breads
M1072	M2072	M3072	Yeast Bread - 5 different kinds of yeast breads
M1073	M2073	M3073	Cookie - 5 different kinds of cookies (6 each)

SECTION 20 - MARYLAND 4-H STATE FAIR BAKING CHAMPIONSHIP

Ingredient of the Year Contest- LEMON
 Superintendent: Amanda Clougherty
 Phone: (410) 310-7966 Email: akbrown@umd.edu

Section Rules & Regulations:

- To be eligible, participants must be current Maryland 4-H members and enrolled in a 4-H Food Project. Winner will be chosen by age categories: Junior 8-10, Intermediate 11-13, and Senior 14-18 years old in each of the contests listed below. Exhibitors may enter only one (1) exhibit in each class.
- Entries are to be delivered on Friday September 11, 2026 from 5-7pm at the 4-H Home Arts Building. Late entries will not be accepted. Judging will take place at 7:30pm on Friday September 11, 2026.
- All entries may not be made from a box mix or pre-purchased kit. All Entries must have recipes attached. Special notes may also be provided to explain recipe adaptations, inspirations, etc. for judges to consider.
- All exhibits must be made by the Exhibitor. Youth from the same household or siblings regardless of age division may not enter the same recipe, they will be disqualified.
- Items must not require refrigeration.
- Plastic containers will be provided for displaying.
- Contest Judging Criteria (100 pts)
 - (40) Characteristics: Taste, Texture, Uniformity
 - (40) Creativity
 - (10) Presentation
 - (10) Adherence to rules
- Placings: Each entry will be given a rating of Excellent (Blue Award), Very Good (Red Award) and Good (White Award). A champion will be selected from the Excellent winners for each contest and each age division.
- Prizes: Special awards will be given to the champions. Premium awards are as follows: Excellent (Blue Award)- \$10, Very Good (Red Award)- \$7, Good (White Award)- \$5.

What creative dessert can you create using our themed ingredient of the year: LEMON? The champion challenge is to enter your prize worthy desserts, where LEMON is the star! Below are the basic categories for dessert entries. Additional special prizes will be awarded to the exhibitors! Make sure that you include your recipe when entering and any additional explanation you would like to include.

Junior	Inter.	Senior	Class Description
M1074	M2074	M3074	Pie
M1075	M2075	M3075	Cake
M1076	M2076	M3076	Cookie
M1077	M2077	M3077	Bread
M1078	M2078	M3078	Candy

SECTIONS 9-15 - FOOD PRESERVATION

Superintendent: Amy Lang
 Phone:(410) 758-0166 Email: amlang@umd.edu

Section Rules & Regulations:

- Exhibitors must be enrolled in a 4-H Foods Project for the current year.
- Entries will consist of 1 jar. Both standard and wide-mouthed half-pint, pint, and quart regulation canning jars will be accepted except where specified otherwise in class. **Leave metal rims/rings on jars. Jars will not be opened for judging.**
- ALL foods should be processed using a tested recipe. (Recipe sources – USDA Complete Guide to Home Canning (Rev. 2015) and University of Georgia Extension, So Easy to Preserve (6th ed.))
- Fruits, pickled vegetables, and some tomatoes should be processed in a boiling water bath canner. Vegetables and some tomato products must be processed in a pressure canner. A tested recipe will tell you how to process items. Recipe sources must be from 2014 or more recent.
- Label each jar clearly using this template:**

- **Product name**
- **Processing method**
- **Date Processed**
- **Jar Size:**
- **Time for processing**
- **Source of the recipe, with copyright date.**

*Example: Product Name: Peaches Jar Size: Quart
 Processing Method: Hot Pack, Boiling Water Canner Processing Time: 20 Minutes
 Date Processed: July 13, 2026 Recipe Source with Copyright: USDA Complete Guide to Home Canning (Rev. 2015)*

- Dried foods may only be entered in the Dried Foods Classes.
- If you're thinking of using an untested recipe, like a family recipe, work with a process authority such as the Association of Food and Drug Officials (AFDO.org) to ensure the product's safety.

Junior	Inter.	Senior	Class Description	M1088	M2088	M3088	
FRUIT CLASSES (Section 9)				M1089	M2089	M3089	Peaches - pieces
M1081	M2081	M3081	Apple sauce	M1090	M2090	M3090	Pears - halves
M1082	M2082	M3082	Apple Juice	M1092	M2092	M3092	Pears - pieces
M1083	M2083	M3083	Blackberries	M1093	M2093	M3093	Other fruit
M1084	M2084	M3084	Cherries - sour				Fruit Butter
M1085	M2085	M3085	Cherries - sweet				
M1086	M2086	M3086	Grape - juice				
M1087	M2087	M3087	Peaches - halves				

VEGETABLE CLASSES (Section 10)

M1095	M2095	M3095	Beans – green, whole
M1096	M2096	M3096	Beans – green, cut
M1097	M2097	M3097	Beans - lima
M1098	M2098	M3098	Beans - wax
M1099	M2099	M3099	Beets - sliced (no vinegar)
M1100	M2100	M3100	Beets - whole (no vinegar)

VEGETABLE CLASSES (Section 10) Continued

M1101	M2101	M3101	Carrots
M1102	M2102	M3102	Peas
M1103	M2103	M3103	Tomatoes - broken in juice
M1104	M2104	M3104	Tomatoes - whole
M1105	M2105	M3105	Tomato Juice
M1106	M2106	M3106	Other Vegetable

PICKLE CLASSES (Section 11)

M1107	M2107	M3107	Pickled beets - sliced
M1108	M2108	M3108	Pickled beets - whole
M1109	M2109	M3109	Sliced cucumber - sweet
M1110	M2110	M3110	Bread and butter pickles
M1111	M2111	M3111	Sour or dill pickle, spears

PICKLE CLASSES (Section 11) Continued

M1112	M2112	M3112	Sour or dill pickle, sliced
M1113	M2113	M3113	Pickle, any other (identify)
M1114	M2114	M3114	Relish (mixed vegetables)
M1115	M2115	M3115	Pickle Relish
M1116	M2116	M3116	Corn Relish

JELLY CLASSES (Section 12) - Jelly is made of fruit juice. Jelly should be clear, free from crystals or sediment, sparkling, has a tender texture and natural color and flavor of fresh fruit. When removed from the glass, it will hold its shape and when cut leaves a clean, clear, sharp cleavage. Jars should be ½ pint standard canning jelly jar. **Do not use fancy/gourmet jars; no fabric covers.**

M1118	M2118	M3118	Apple Jelly
M1119	M2119	M3119	Grape Jelly
M1120	M2120	M3120	Strawberry Jelly
M1121	M2121	M3121	Blackberry Jelly
M1122	M2122	M3122	Other Jelly

PRESERVES CLASSES (Section 13) - Preserves are made of one or two fruits. The fruit, whole or large pieces, is cooked in a syrup until clear and transparent, tender, firm, crisp and well plumped. The shape of the fruit is retained, and the juice is thick and syrupy. (Jars should be ½ pint standard canning jelly jar)

M1125	M2125	M3125	Blackberry Preserves
M1126	M2126	M3126	Peach Preserves
M1127	M2127	M3127	Pear Preserves
M1128	M2128	M3128	Strawberry Preserves
M1129	M2129	M3129	Blueberry Preserves
M1130	M2130	M3130	Cherry Preserves
M1131	M2131	M3131	Other Preserves

JAM CLASSES (Section 14) - Jams are usually made of one fruit crushed into a mass of an even, soft consistency thick enough to spread easily or be divided into portions. Juices are not separated from fruits and are of a jelly-like consistency. (Jars should be ½ pint standard canning jelly jars)

M1133	M2133	M3133	Blackberry Jam
M1134	M2134	M3134	Raspberry Jam
M1135	M2135	M3135	Strawberry Jam
M1136	M2136	M3136	Blueberry Jam
M1137	M2137	M3137	Peach Jam
M1138	M2138	M3138	Cherry Jam
M1139	M2139	M3139	Other Jam

DRIED FOODS CLASSES (Section 15) - Drying foods is a method of preserving. Moisture is removed from fruits/vegetables to preserve them for later use. Food must be dried enough to inhibit all bacteria, molds and enzymes. Dried fruits and vegetables are clean, flavorful, have characteristic color, and are brittle (vegetables) or leathery (fruits). Label all products with Product Name, Drying Methods & Length of Time of Drying. (Jars should be ½ pint standard clear canning jars)

M1141	M2141	M3141	Fruit Leather
M1142	M2142	M3142	Dried Fruit
M1143	M2143	M3143	Dried Vegetables
M1144	M2144	M3144	Jerky
M1145	M2145	M3145	Herbs

SECTION 16 - 4-H HEALTHY LIFESTYLES POSTER

Superintendent: TBA

Phone:

Email:

Section Rules & Regulations:

1. Only one entry per exhibitor may be entered in this section.
2. All entries must be the work of the Exhibitor and completed between September 2025 and August 2026. Posters may be of horizontal or vertical orientation. Horizontal posters are considered more useful since they would fit better on a TV screen. Avoid a square-shaped poster. **Posters should follow this theme: "Let's Move for Good Health."**
3. Posters must be designed on or affixed to standard poster board, 14" x 22" in size. Exhibitors may use any media: watercolor, ink, crayon, acrylic, charcoal, oils or collage. Posters may not be three-dimensional. Cartoon figures, such as Snoopy, Barney, etc., cannot be used because they are copyrighted.
4. The following information must be printed on the upper left-hand corner of the back of the poster: Exhibitor's Name, Age, Phone #, 4-H County/City, Theme and Interpretive Statement.

CLASSES

M1155 Junior Healthy Lifestyles Poster

M2155 Intermediate Healthy Lifestyles Poster

M3155 Senior Healthy Lifestyles Poster

SECTION 17 - NUTRITION POSTER/4-H EFNEP

Superintendent: TBA

Phone:

Email:

Section Rules & Regulations:

1. This section is open to all youth currently enrolled in the 4-H Expanded Foods and Nutrition Program (EFNEP). This exhibit provides the opportunity for 4-H Members to share nutrition knowledge and concepts gained in EFNEP programs with others. Only one poster per Exhibitor may be entered.
2. All entries must be the work of the Exhibitor and completed between September 2025 and August 2026. Posters must be designed on or affixed to standard poster board (14" x 22") and must contain a nutrition message.
3. Exhibitors may use any media: watercolor, ink, crayon, acrylic, charcoal, oils, or collage. Posters may not be three-dimensional. Posters must be 14" x 22" and contain a nutrition message. Cartoon figures, such as Snoopy, Barney, etc., cannot be used because they are copyrighted.
4. The following information must be printed on the upper left-hand corner of the back of the poster: Exhibitor's Name, Age, Phone #, 4-H County/City, Theme and Interpretive Statement.

CLASSES

M1162 Junior Nutrition Poster

M2162 Intermediate Nutrition Poster

M3162 Senior Nutrition Poster

SECTION 18 - FOOD SCIENCE DISPLAY

Superintendent:

Phone:

Email:

Section Rules & Regulations:

1. Only one entry per Exhibitor may be entered in each class.
2. All entries must be the work of the Exhibitor and completed between September 2025 and August 2026. Group projects are not allowed.
3. Displays must not involve live animals, harmful chemicals, explosives, open flames, or any other potentially hazardous materials.
4. The display may range in size from 28"W x 14"D x 22"H to 36"W x 17"D x 42"H. The display must be sturdy enough to stand alone. Graphs, charts, information table, photographs, drawings, etc. may be used in the display. A printed or typewritten 1-page summary must be attached to the display.
5. Refer to the "4-H Food Science Display" Procedures & Regulations for Judging Criteria and additional information (available from the 4-H office).

CLASSES

M1169 Junior Food Science Display

M2169 Intermediate Food Science Display

M3169 Senior Food Science Display

SECTION 19 - 4-H MENU JUDGING

Superintendent: TBA

Phone:

Email:

Section Rules & Regulations:

1. Only one enter per Exhibitor may be entered in each class.
2. All entries must be the work of the Exhibitor and completed between September 2025 and August 2026.
3. Menus must be selected from the following:
 - a: Convenience Food Meal - Attach label(s) from the convenience foods used.
 - b: Fast Food Restaurant Meal - Attach nutrition information from the Fast-Food Restaurant
 - c: Packed Lunch Meal - One meal in a bag or otherwise packed lunch
 - d: Vegetarian Meal - Include dairy products and/or eggs but no meat, poultry, or fish (Lacto-ova)
 - e: Ethnic Meal - Describe the culture.
4. Menus must include the following: (a) correct number of servings from each of the food groups; (b) a contrast of color, texture, and flavors; and (c) a description of the preparation methods and amounts of food.
5. The following information must appear on the back of the menu: Exhibitor's Name, Age, Phone Number, 4-H County/City, Class Number.
6. Refer to the "4-H Menu Judging" Procedures & Regulations for Judging Criteria and additional information (available from the 4-H office).

Menu Judging Criterion

- How closely does the menu follow the written guidelines for the class?
- Nutritional Quality – does the menu reflect the recommendations from MyPyramid?
- Balance – does the menu provide a variety of the following in the foods to create interest?
 - o Color
 - o Temperature (Lunch Box menus may be an exception)
 - o Texture
- Presentation of the entry (neatness and use of visuals, etc.)

CLASSES

M1176 Junior Convenience Food Menu
M1177 Junior Fast Food Restaurant Menu
M1178 Junior Packed Lunch Menu
M1179 Junior Vegetarian Menu
M1180 Junior Ethnic Menu

M2176 Intermediate Convenience Food Menu
M2177 Intermediate Fast Food Restaurant Menu
M2178 Intermediate Packed Lunch Menu
M2179 Intermediate Vegetarian Menu
M2180 Intermediate Ethnic Menu

M3176 Senior Convenience Food Menu
M3177 Senior Fast Food Restaurant Menu
M3178 Senior Packed Lunch Menu
M3179 Senior Vegetarian Menu
M3180 Senior Ethnic Menu