



### Reminder— 4-H Foods & Nutrition Rule

For food safety purposes, any entries with frostings and fillings must calculate the amount of sugar in the frosting/ filling recipe only. Calculation must be attached to entry, or the placing will be lowered one ribbon when judged. Frosting and fillings need to contain more than 65% sugar for safety. Examples on how to calculate this percentage are included in the publication located at <http://bookstore.ksre.ksu.edu/pubs/MF3544.pdf>

This is something judges look at when judging your foods and nutrition. It will be in the 4-H Kansas State Fair-book.

#### Ingredients or products still NOT allowed:

- raw eggs in uncooked frostings or fillings
- cream cheese frosting or filling
- heavy cream frosting
- fresh cut fruit or vegetables as garnishes
- cream pie
- fresh (unbaked) fruit pie (ex. fresh strawberry pie)
- friendship bread started, not refrigerated
- raw flour in uncooked frostings or fillings
- chocolate ganache
- lemon curd
- custard pie
- chiffon pie
- any meat

### Things to keep in mind...about Judges and the Judging Process



What if you were the judge? What rating would you give your project if you were judging it? *Be honest!*

If you have done your best work on your project, it's disappointing not to get the rating you were expecting. Remember – the judge's opinion is simply one person's opinion at one point in time. A different judge may have given you a different placing. Even if you don't agree with the judge, it's worth paying attention to what h/she has to say about your project. You could get some great ideas for how to do even better next time. Here are some tips about feedback:

- Pay attention to what the judge *liked* instead of getting upset about what he or she didn't like. Even if there were some negative comments, there were probably just as many positive ones!
- Don't be nervous about face-to-face judging. Relax so you can be your friendly, natural self when the judge meets with you. And if you don't understand something the judge says, be sure to ask questions.
- Think about how you can use the judge's feedback. What can you do differently if you intend to keep working on this kind of project? What will you want to do the same way?

Source: <https://fyi.extension.wisc.edu/shawano4h/fair-information/shawano-county-fair-judging/>



**Kansas State Fair Grand Drive**

Entries Due July 15

Show Dates: September 9-12, 2024

Kansas State Fairgrounds, Hutchinson KS

**Kansas Junior Livestock Show (KJLS)**

Entries Due August 15

Show Dates: September 27-29, 2024

Kansas State Fairgrounds, Hutchinson, KS

Save the date ... it will never be closer!



**Shooting Sports Certification Update and Full Training in Goodland October 18-20, 2024**



**Cheyenne County Shotgun Trap and Skeet State Qualifier**

Sunday, July 28th, 2024 \* St. Francis, KS

Skeet begins at 8:00 am CT \* Trap begins at 8:00 am CT

Registration form and fees are due by 5PM July 19, 2024

Fees are \$20 per shooter per discipline

Location: Cheyenne County Wildlife LLC 1410 Rd 14, St. Francis, KS 67756

Concessions will be available

Contact: Michael Hanson (785)772-7079 or Lynn Laten (785)772-5020

Email: Lynn.Laten@gmail.com



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**New 4-H policy Guide:** <https://www.kansas4-h.org/resources/policy-guide/Kansas%204-H%20Policy%20Handbook%202023.pdf>