

**FOOD AND NUTRITION ACTIVITY**  
Lausche Youth Exploration Center  
Wednesday, August 5 and Thursday, August 6, 2026  
AMANDA BOHLEN & RHONDA WILLIAMS, Assistant Superintendents

**GENERAL GUIDELINES**

1. Age of Participants: 4-H age as of 1/1/2026
2. Participation Guidelines:
  - **Each county may only send one participant per class.**
  - Participants may only compete in one food and nutrition project at the state fair. Each participant will be competing on an individual basis.
  - Age levels are by January 1 of current year: **Advanced 14-19 , Intermediate – 11-13, but check project books, Beginner – 8-10**
  - Participants eligible for the clock trophy must meet the project age levels for either the junior age level – ages 8-13, or the senior age level age 14 or older. All participants are eligible for Outstanding of the Day.
  - Outstanding of the Day awards and clock trophies will be presented at 5:00PM. (subject to delay if needed for additional judging time).
3. Judging Criteria:
  - Participants will have an interview with a judge.
  - There will be a 7-minute time limit for each interview.
  - The judge will evaluate participants on their knowledge of the project, the overall interview, their portfolio and on MyPlate ([choosemyplate.gov](http://choosemyplate.gov)). Refer to OSF score sheets, which can be found at the end of these rules.
4. Participants must bring:
  - Completed project book.
  - Their three-pronged folder with their completed “Portfolio”. See attached information regarding Portfolio.
  - **Participants may not bring prepared food, posters, daily menus, or other props to the State Fair Food and Nutrition Activity.**
5. At the State Fair
  - Registration will begin 15 minutes before the scheduled class time for your county. (See below.) Participants will receive an exhibitor number and be directed to the judging area.
  - When you have completed your judging event, you are free to enjoy the fair. Outstanding of the Day awards and clock trophies will be presented at 5:00 p.m. (subject to delay if needed for additional judging time).on the 4-H stage in the Lausche Youth Exploration Space. You are encouraged to attend this presentation.

## CLASSES

### Wednesday, August 5- Intermediate Level

J-01 Let's Bake Quick Breads, Jr  
J-02 Let's Bake Quick Breads, Sr  
J-03 Racing the Clock to Awesome Meals, Jr  
J-04 Racing the Clock to Awesome Meals, Sr  
J-05 Grill Master, Jr  
J-06 Grill Master, Sr  
J-07 Star Spangled Foods, Jr  
J-08 Star Spangled Foods, Sr  
J-09 Sports Nutrition Ready Set Go! Jr  
J-10 Sports Nutrition Ready Set Go! Sr  
J-11 Party Planner, Jr  
J-12 Party Planner, Sr

### Thursday, August 6 - Advanced Level

J-13 Yeast Breads on the Rise  
J-14 Cooking on My Own  
J-15 The Global Gourmet  
J-16 Kitchen Boss  
J-17 Beyond The Grill

### Thursday, August 6- Beginner Level

J-18 Snack Attack! Jr  
J-19 Snack Attack! Sr  
J-20 Let's Start Cooking  
J-21 Take a Break for Breakfast, Jr  
J-22 Take a Break for Breakfast, Sr  
J-23 Everyday Food and Fitness

## JUDGING SCHEDULE

The exact schedule of participation will depend on the number reporting at any one time. Members should bring registration information provided by their County 4-H Professional to the registration desk in the Lausche Youth Exploration Space. Registration will begin 15 minutes before judging time.

9:30 a.m. Ashland, Clark, Delaware, Fairfield, Fayette, Pickaway  
10:00 a.m. Allen, Champaign, Franklin, Logan, Marion  
10:30 a.m. Coshocton, Crawford, Greene, Licking, Madison, Muskingum  
11:00 a.m. Hardin, Hocking, Holmes, Knox, Morrow, Richland, Union  
11:30 a.m. Mercer, Miami, Montgomery, Ottawa, Perry, Ross, Wyandot  
1:00 p.m. Athens, Auglaize, Clinton, Guernsey, Morgan, Shelby, Vinton  
1:30 p.m. Highland, Huron, Jackson, Medina, Meigs, Pike, Seneca, Stark, Summit, Williams  
2:00 p.m. Belmont, Hancock, Mahoning, Tuscarawas, Wayne, Wood  
2:30 p.m. Butler, Carroll, Clermont, Darke, Defiance, Erie, Hamilton, Harrison, Lorain, Lucas, Warren  
3:00 p.m. Jefferson, Monroe, Noble, Paulding, Portage, Preble, Putnam, Sandusky, Scioto, Van Wert  
3:30 p.m. Adams, Ashtabula, Brown, Columbiana, Cuyahoga, Fulton, Gallia, Geauga, Henry, Lake, Lawrence, Trumbull, Washington

## AWARDS AND SPONSORS

1. All participants will receive a participation ribbon sponsored by The Ohio State Fair.
2. "Outstanding of the Day" ribbons, sponsored by The Ohio State Fair, will be awarded to the top 20% of the class.
3. A clock trophy will be awarded to the class winner. In 2025 the trophies were sponsored by **Ella Mae Bard, Kent and Joy Bauman Family, Jordan Bok, Pat Brinkman, Tim and Karen Corcoran, Dusty and Tara Durbin, Chan and BJ Foulk, Lloyd and Cheryl Hagerty, Lucky Fours 4-H Club, Kayla Oberstadt, The Osborn Family, Judge Frederick D. & Dr. Kathryn C. Pepple, Rebekah Salyers, John and Ashley Sharp and Family, Dr. Denise Shockley, The Troutman Family, Dr. Judy Villard Overocker, and Winchester Farm Exchange and Preston Family Farm.**
4. Awards will be presented at 5:00 pm (subject to postponement if additional judging time is needed).
5. Those not present for the awards ceremony may pick up their awards, or arrange for another to do so, from the 4-H state fair office located in the Lausche Youth Exploration Space until the conclusion of the fair. Unclaimed awards will be sent to county extension offices after the fair.
6. Results will be posted online at <https://ohio4h.org/ohiostatefair>.

## 2025 CLASS WINNERS

Regardless of whether you competed in the junior or senior division, trophy winners in 2025 are not eligible to participate in the same project in either age level for 2026.

J-01 Yeast Breads on the Rise	Maddie Miehls, Mercer
J-02 Cooking on my Own	Sydney Wurzel, Huron
J-03 The Global Gourmet	Eli Ball, Portage
J-04 Kitchen Boss	Alexander Gunasekera, Clermont
J-05 Beyond the Grill	Isaac Agozzino, Allen
J-06 Let's Bake Quick Breads, Jr	Avery Moran, Delaware
J-07 Let's Bake Quick Breads, Sr	Catlin Blankenship, Mahoning
J-08 Racing the Clock to Awesome Meals, Jr	Ashley Rogers, Brown
J-09 Racing the Clock to Awesome Meals, Sr	Alexa Kamphaus, Putnam
J-10 Grill Master, Jr	Micaela Wiechman, Wood
J-11 Grill Master, Sr	Corban Kemper, Mercer
J-12 Star Spangled Foods, Jr	Boston Bruce, Union
J-13 Star Spangled Foods, Sr	Lizabeth Heitkamp, Mercer
J-14 Sports Nutrition Ready Set Go! Jr	Thane Snyder, Miami
J-15 Sports Nutrition Ready Set Go! Sr	Jerrett Allison, Coshocton
J-16 Party Planner, Jr	Elsie Arnos, Williams
J-17 Party Planner, Sr	Aidan Thomas, Wood
J-18 Snack Attack! Jr	Noah Niekamp, Mercer
J-19 Snack Attack! Sr	Bergstrom Barrett, Henry
J-20 Let's Start Cooking, Jr	Addison Elikier, Medina
J-22 Take a Break for Breakfast, Jr	Nolan Eickholt, Morrow
J-23 Take a Break for Breakfast, Sr	Liam Vederrain, Franklin
J-24 Everyday Food and Fitness, Jr	Sydney Andrulonis, Delaware
J-25 Everyday Food and Fitness, Sr	Jordyn Beilharz, Henry

### Food and Nutrition Portfolio Guidelines

- The Portfolio is project specific and is used to enhance a conversation between the member and a judge about activities the member completed within the project. The participant will be responsible for bringing a 3-pronged folder or binder that includes 8 ½" x 11" pages, not a poster. Participants will create a maximum of one page (one-sided only) per "activity area" or "interest area" as designated in the front of their project books. Ideas for these pages include journaling, a timeline, and photos taken during their project, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or can be a combination of styles allowing the 4-H'er to reflect on their learning experience. **There will be no points for scrapbooking style.** The portfolio is to be completed prior to arriving at the state fair. (See the document titled "Portfolio Interest Areas.")
- Portfolios are judged based on the verbal presentation, organization of the material in the portfolio, inclusion of their efforts in required "Activity or Interest" area pages, and communication with the judge describing their portfolio.
- The member will present the portfolio to the judge and have the opportunity to explain their active involvement in their project.

## 4-H State Fair Project Evaluation Sheet

Name: \_\_\_\_\_ Exhibitor number: \_\_\_\_\_

County: \_\_\_\_\_ Age as of January 1 (current year): \_\_\_\_\_

Project name: \_\_\_\_\_ Number of years in project: \_\_\_\_\_

Please provide a brief description of what you brought today to display your project (i.e., poster, equipment, etc.):

**Keep this sheet with you until the judge calls your exhibitor number.**

Judges—Please place an “x” in the column that most closely describes this entry.

Judging Guidelines	Excellent Outstanding work that exceeds expectations	Very Good Well done, with few minor if any errors	Good Appropriate for member's age and experience	Average Solid grasp of fundamentals
<b>Knowledge (40%)</b> Member demonstrates knowledge of basic concepts, skills, safety protocols (if applicable), and other project information.				
<b>Communication (20%)</b> Member communicates effectively with a positive attitude and with appropriate personal appearance.				
<b>Project Book (20%)</b> Project book is completed appropriately and provides an accurate record of project activities.			(book is complete)	(book needs some work)
<b>Display (20%)</b> Content is accurate, complete and displayed in a way that is neat and creative. It showcases knowledge and skills gained through project work.				
Strengths:				
Areas for improvement:				

White copy – 4-H member, Yellow copy - Judge