

# Foods and Nutrition

Jewell County 4-H Foods and Nutrition entries are judged at Pre-Fair Judging on July 7, 2026. Read the fair book to make sure all information is provided to accompany your entry.

## Food Preparation

- [Labels for Preparation Exhibits](#) (optional) – You can print on your own or pick up from the Extension Office.
- [Food Safety of Frosting and Fillings](#) resource
- [Frostings and Fillings Worksheet](#)
- [Kansas State Fair 4-H Foods and Nutrition](#) resources (scroll to project drop-down)

## Food Preservation

- [Small Labels for Preservation Exhibits](#) (required)
- [Large Labels for Preservation Exhibits](#) (required)
- [Kansas State Fair 4-H Food Preservation resources](#) (scroll to project drop-down)