FAMILY & CONSUMER SCIENCES GENERAL GUIDELINES

2026

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1. Suggested age categories for projects – age is not the only determiner of the appropriateness of a project when determining what level of project difficulty, a member should consider. The advisor should discuss the skills and past of the member. Project books should be reviewed for their difficulty level as well.

   General guidelines:
   The **beginner** category is 8-11 as of Jan. 1, current year.
   The **intermediate** category is 12-13 as of Jan. 1, current year.
   The **advanced** category is 14 and over as of Jan. 1, current year.

2. To be considered a completed project, all projects must be evaluated, either on the date set in the schedule for judging or at another arranged time by contacting the Extension Educator, for Family & Consumer Sciences. The member must attend a minimum of six 4-H meetings. They must also meet all other requirements of each club and the county. Meetings can include workshops, 4-H camp, judging, officers and advisors conference or other countywide activities only if occurring on the same date as a club meeting.

3. To be considered for awards, members must be evaluated by the judge sometime within the judging schedule, either during the assigned time for the project or another pre-arranged time during the judging day.

Members who are eligible but cannot participate in the state fair must notify the Extension office within two weeks of the state fair competition. Failure to inform may make the member ineligible for state fair participation the following year.

1. Not all Family and Consumer Sciences Projects can be repeated. Check project books for specific guidelines.
2. All members in foods, equipment, family life, consumer education, management, home environment and other family consumer sciences projects are encouraged to participate in the scheduled awards ceremony.
3. Participation ribbons will be given to all members who exhibit at the fair. Placing rosettes or awards will be given in intermediate and advanced projects where number enrolled permits and where quality deserves.
4. A club member may be a first-place winner in clothing, food and nutrition or special Family and Consumer Sciences projects as often as the project quality justifies.

Advisors should assist members with understanding judging requirements and knowing judging dates and times.

1. See Junior Fair Rules for additional rules.

Project Books

4-H Project books provide information and instructions that serve as a guide for learning in any particular project and are to be used at club meetings. Project books are to be turned into the advisor before judging for evaluation. Bring the completed project book to judging.

Evaluation

Advisors should let the Extension Office staff know **in writing** if they feel a 4-H member should not be considered for any special placings (based on club attendance, attitude, lack of interest, not doing own work, etc.)

Philosophy

4-H clothing projects are designed to give 4-H members experience in construction, selection, coordination and maintenance of their clothing and to help them create a *"Total Look."* Refer to the project book for *"Total Look"* guidelines.

Notification

The Style Revue, Clothing Awards, Foods & Nutrition Awards & General Awards Presentations will be held together with the 4-H Scholarship Recognition, Awards Recognition, and the Queen Recognition on Sunday during the fair.
Please check the Junior Fair Schedule and the project guidelines for specific line up and awards presentation times.

CLOTHING PROJECTS

General Clothing Guidelines

To complete a 4-H clothing project, youth should complete the learning experiences and achieve the objectives as outlined in the project book. All clothing projects include a variety of hands-on, real-life learning experiences to enable members to develop the knowledge, attitudes, skills, and aspirations needed for successful achievement of project goals.

Judging

- Judging is intended to be one of many learning experiences in a 4-H project. Advisors would be wise to discuss judging throughout the 4-H year as a positive experience of learning and evaluation.
- Clothing evaluation is done by the interview method based on the seven guidelines to the *"Total Look"* which are listed in each project book. Project books are to be used as a learning tool and as a reference for project guidelines. Members may change the pattern to suit their individual needs.
- Members should call the Extension office to arrange their own "make up" judging.
- **Members must be evaluated by the official judge to be eligible for state fair and special awards.**
- After all projects in a project area have been judged, advisors may direct questions to the judge. Advisors are responsible for making sure members know when their judging will take place.
- Several of the clothing projects may not be repeated. However, if the project can be repeated, it is recommended that each time the project is repeated, the garment(s) made must provide a progression of new experiences and skill development. Members must also use harder to handle types of fabric and/or techniques, and more complicated patterns each time the project is repeated.
- **Items constructed for one clothing outfit should not overlap with items in a second project. Each completed project should stand independently of other completed project garments.**

Read all project guidelines carefully. **If there are any questions, please call the Extension office for clarification.**

1. Follow project requirements in the project book.
2. Display item made.
3. Bring completed project book for judging.
4. Clothing project books and patterns of clothing projects are to be brought to judging as well as a swatch of each fabric that was used in the garment(s).
5. Only those garments constructed for the project will be judged for construction detail.
6. Complete at least one leadership/citizenship activity and be ready to discuss it with the judge.
7. Guidelines for multiple projects. 4-H'ers who choose to take more than one clothing project are expected to complete separate learning experiences related to each including selecting and constructing components to create a complete outfit FOR EACH PROJECT. Using items from two or more projects to form one outfit will not be considered as "completion" of either project.
8. Clothing members must participate in Style Revue to be eligible for awards and the Ohio State Fair.

Clothing Projects

- **Judging & Project Interview – Wednesday, July 8, 1 p.m., Fairground, Expo Building**
- **Clothing projects must be brought to the Junior Fair Building for display on Wednesday, July 8, 4-7:00 p.m.**
    - **There are two steps to pre-fair clothing project judging.**
        1. **Project Interview with a judge.**
        2. **Call backs, which are immediately following completion of ALL clothing judging. Judges will review all exhibitors in their garments at the same time by age level. Members will be released after call back judging is complete.**
- **Projects will be assigned a specific judging time. Watch emails for updates.**
- **Style Revue Practice – Sunday, July 12 – 3-3:45 p.m., Peterson Building**
- **Style Revue – Sunday, July 12 – 5:30 p.m., Peterson Building & Line up 5:15 p.m., Junior Fair Building**
- **Following the Style Revue clothing items must be returned to the Junior Fair Building until release time on Sunday following the fair.**
- **When selecting 4-H clothing projects please review the state competition age requirements.**
- **All clothing projects eligible for awards must be on exhibit in the Junior Fair Building from 7:00 p.m. the Wednesday before fair and stay on exhibit until the last Saturday fair at 9:00 a.m. Projects can be removed on Saturday, July 18, 9-11:00 a.m.**

Beginner Clothing Projects

Accessories for Teens (407-B) *(State competition)*

Completion – **This project is a beginning-level project for teens with no previous sewing experience.** Make at least one accessory (bag/purse, belt, cummerbund, footwear/shoe covers, hat, gloves, jewelry, removable collar/dickey, scarf/tie, muffler, shawl, suspenders) to add a finishing touch or to achieve a more complete appearance in an outfit you select. Garments such as sweaters or vests are not considered accessories for this project. Complete activities related to what accessories do for you, use accessories effectively, do a wardrobe inventory, and accessorize for a *"Total Look."* Complete leadership/citizenship and learning activities as described in the project book. Keep records and evaluate your accomplishments.
Note: Sweaters and vests are not considered accessories for this project.
Judging – bring completed project book and wear an outfit which is complimented by the accessory which you made. Only the accessory will be judged for construction detail. The *"Total Look"* will be evaluated.
Exhibit – Self-Made Accessory.

***S*ew Fun (409-B)** (State competition)
Completion - **This project is designed as a one-year project for beginners but may be taken for two years if new learning experiences and skills are developed.** Serves as an introduction to sewing for members of any age. A member who successfully completes this project is ready to move on to 413 Sundresses and Jumpers or 419 Tops for Tweens. Complete leadership/citizenship and learning activities as described in the project book.
Judging – wear the item chosen to make using an "Easy" or "Beginner" commercial pattern and bring the pin cushion you made. **Clothing items must be shorts, pants, skirts, or capris with <u>a full elastic waistline</u>. <u>(No zippers)</u>** The "Total Look" will be evaluated. Bring completed project book.
Exhibit – Garment(s) constructed and pin cushion.

Designed by Me (410-B) (Revised in 2018, was Fun with Clothes) (State competition)
Completion –Recommended for members grades 3-5 and can only be taken one time and should be completed within one 4-H calendar year. Complete leadership/citizenship and learning activities as described in the project book.
Judging – Wear the sweatshirt or T-shirt you have decorated as a part of the coordinated outfit. Be prepared to discuss the experience you completed in the project book. Bring completed project book
Exhibit – Garment(s) constructed.

Sundresses & Jumpers (413-B) *(State competition)*
Completion - This project is designed for members with beginning-level skills and a little clothing project experience. This project may be repeated as long as new learning experiences and skills are developed. Complete leadership/citizenship and learning activities as described in the project book.
Judging – bring completed project book and wear your sundress or jumper (with or without a top) and choose accessories. The *"Total Look"* will be evaluated. Only the constructed sundress or jumper will be judged for construction details. Be prepared to discuss the project book and leadership/citizenship activities with the judge.
Note: Pantsuits, jump suits, "skorts", "split skirt jumpers", etc. require fitting skills and are not a beginner level. Such garments should NOT be made in **Sundresses & Jumpers**.
Exhibit - Garment(s) constructed.

Terrific Tops (419-B) (Revised in 2019, was Tops for Tweens) *(State competition)*
Completion – **This project is for beginners ages 11 to 13 years old.** Make a top (a shirt, blouse, vest, tank top, poncho, sweater, or T-shirt). Then select a bottom and accessory item to wear with your top during judging. Complete leadership/citizenship and learning activities as described in the project book.
Judging – wear your top with selected bottom and accessories to complete your outfit for the *"Total Look*." Be prepared to discuss the project book and leadership/citizenship activities with the judge. Bring completed project book.
Exhibit – Garment(s) constructed.

Intermediate Clothing Projects

em-bel-lish: A 4-H Guide to Wearable Art (411-I) *(State competition)*
Completion - This intermediate-level project is for members with some clothing experience who want the opportunity to complete a 4-H project by embellishing clothing. Numerous possibilities include appliqué, batik, beading, dyeing, embroidery, and many other techniques. This is not a clothing construction book and not a how-to book, this is a general project guide that involves exploring embellishment ideas, identifying likely clothing items, learning a few techniques, and putting together a completed outfit. To complete this project, a 4-H member completes this book, and all the activities, including at least three different techniques with at least one technique on one garment piece. This project may be repeated. This project can be completed in lots of fun ways, all depending on what you want to learn. Interested members without clothing experience should start with *410 Fun with Clothes*. Complete leadership/citizenship and learning activities as described in the project book.
Judging – wear garment. Add accessories as needed to complete the *"Total Look."* Bring completed project book and **three** different completed technique samples in a notebook.
Exhibit – Embellished garment.

Sew for Others (412-I) *(State competition)* Some previous 4-H clothing experience required.

Completion - There are several categories available in this project. Check project book for clarification and definition of the categories. Do not use the same category as in previous years. Construct a complete outfit for the person of your choice or adapt three different garments for a disabled person. Include at least two new learning activities involving fitting, alterations, construction techniques, or fabric handling. Analyze coloring, figure type, size, and preferences of the "other." Compare styles, colors, fabrics, workmanship, cost, and special features of ready-to-wear outfits with the outfit constructed for the "other". Project may be repeated. It is encouraged for the other to be present at judging and the Style Revue. If the other is cannot be present, simply bring the garment to judging and display in the Style Revue. Each member may only construct one garment per other. Complete leadership/citizenship and learning activities as described in the project book.
Judging – will be of the category selected from the project and the item constructed. Bring completed project book.
Exhibit – Garment(s) constructed.

Ready, Set, Sew Active! (415-I) (Revised in 2019, was Active Sportswear) *(State competition)*
Completion - Make at least one garment in an outfit assembled for active sportswear. Compare the garment made with similar ready-to-wear garments. Rate personal buying ability. Evaluate the outfit using the seven clues to a *"Total Look."* List new challenges to be met. Describe fabrics and techniques used. Plan accessories. Complete leadership/citizenship and learning activities as described in the project book.
Judging – wear the outfit assembled. Add accessories as needed to complete the *"Total Look*." Bring completed project book.
Exhibit – Garment(s) constructed.

Clothes for Middle School (424-I) *(State competition)*
Completion - Recommended for 4-H members in grades five through nine. Make at least one garment with sleeves OR a skirt or pants plus a top such as a vest, collarless jacket, sweater, blouse, shirt, or other top with or without sleeves. Assemble a total outfit featuring the garments made to wear to school. Check and improve personal grooming habits and posture. Strive for a *"Total Look"* each school day and do needed repairs. Complete leadership/citizenship and learning activities as described in the project book.
Judging – wear garment or garments constructed. Add accessories as needed to complete the *"Total Look."* Bring completed project book.
Exhibit – Garment(s) constructed.

Shopping Savvy (430-I) *(State competition)*
Completion - This fun and informative project book is designed for members with some clothing project experience. After members take stock of their current wardrobe, they compare different brands of the same clothing item, study current fashion trends, learn proper clothing care and, of course, go shopping! This book replaces all three levels (427, 428, and 429) of It's Time for Clothing. Complete leadership/citizenship and learning activities as described in the project book.
Judging – Review project goals, bring your completed project book and items completed as a part of the project. Be prepared to discuss the project with the judge. Wear total outfit assembled in project. The "*Total Look*" will be evaluated.
Exhibit –Completed outfit.

Loungewear (418-X) *(State competition)*
Completion - This all-level project is designed for members with some clothing project experience. Plan and make the outer layer of an outfit for lounging such as a cotton robe, a fleece shawl, or a terry cloth cover-up—whatever fits your sewing ability, lifestyle, and loungewear needs. Make or select other garments and accessories (sleepwear and footwear) to complete your loungewear outfit. Complete leadership/citizenship and learning activities as described in the project book.
Judging – wear garment or garments constructed. Add accessories as needed to complete the *"Total Look."* Bring completed project book.
Exhibit – Constructed Garment(s).

Advanced Clothing Projects

Clothes for High School and College (406-A) *(State competition)*
Completion - Recommended for 4-H members who have some clothing project experience. Construct an outfit with a minimum of two pieces or a one-piece garment with sleeves, plus some other style detail not tried before. Do a wardrobe inventory. Analyze personal color, texture, and lines. Practice good grooming and make clothing repairs. Complete leadership/citizenship and learning activities as described in the project book.
Judging – wear garment or garments constructed. Add accessories as needed to complete the *"Total Look."* Bring completed project book.
Exhibit – Garment(s) constructed.

Creative Costumes (408-A) *(State competition)*
Completion – Make one complete costume in one of the four categories: (1) historical, (2) ethnic/cultural, (3) theatrical, or (4) special interest. This project may be repeated; however, you are encouraged to choose a different category or

study a different fashion period, culture, or other aspect to increase your understanding and appreciation of clothing and its importance to individuals or groups. Goals of the project include understanding clothing and its significance to individuals and group as well as applying new knowledge to planning and making costume related to the goals of the specific costume category. Projects will be evaluated according to the seven clues to a *"Total Look."* In addition, evaluation will include authenticity of adoption and knowledge of costume history or background related to the specific costume chosen. This is an advanced project for teens. Choose at least one of the additional organized 4-H activities, such as making an exhibit or presenting a demonstration related to your costume. Complete leadership/citizenship and learning activities as described in the project book.
Judging- bring your project book and items completed as a part of the project. Be prepared to discuss the project with the judge.
Exhibit - Constructed costume.

Dress Up Outfit (417-A) (*State competition)*
Classes: **Daywear & Evening Wear**
Completion - Make at least one dress up garment to be worn as part of a total dress up outfit. Visit stores and examine ready-made dress up garments. Analyze personal coloring, body build, image, and personality. Complete leadership/citizenship and learning activities as described in the project book.
Judging – Wear garment and the outfit assembled in project. The *"Total Look"* will be evaluated. Bring completed project book.
Exhibit – Garment(s) constructed.

Outerwear for Anywhere (420-A) *(State competition)* (Revised 2016)
Completion - In "Outer Layers" you will be making a coat, jacket, or other outer garment. This is an advanced level project for 4-H members 15-18 years old. Although a tailored garment is challenging to sew, it will provide many new learning experiences and a sense of satisfaction and accomplishment when completed. Complete leadership/citizenship and learning activities as described in the project book.
Judging – Wear garment and the outfit assembled in project. The *"Total Look"* will be evaluated. Bring completed project book.
Exhibit – Garment(s) constructed.

Look Great for Less (425-A) *(State competition)*
Use your creativity and resourcefulness to pull together a "Total Look" outfit as inexpensively as possible. Compare different types of clothing stores, explore second-hand shopping, learn when sales are most likely to occur, evaluate clothing quality, and then shop for an outfit! No sewing skills required.
Judging – Wear garment and the outfit assembled in project. The *"Total Look"* will be evaluated. Bring completed project book.
Exhibit – Garment(s) constructed.

Clothing for Your Career (426-A) *(State competition)*
Completion - Using the seven clues to a total look, make and evaluate an outfit that has a minimum of two pieces, provides several new challenges and fills a job or interview need. Do an activity to learn about different body types and body proportions and what style looks best for you. Write a description of your job or one in which you are interested. Visit a job site and /or interview an employer about clothing in the workplace. Do a closet inventory and learn about wardrobe management. Plan a wardrobe that projects a positive image at work. Do at least two alteration/recycling experiences and compare costs with an alteration or repair service. Complete leadership/citizenship and learning activities as described in the project book.
Judging – wear the outfit as described on page 27 of project book. Bring items as described in item 4 on page 4. Be prepared to discuss the project with the judge. Bring completed project book.
Exhibit – Constructed Garment(s).

Sewing and Textiles (non-Clothing) Master (432M-A)
Completion - Sewing and Textiles Master project is for members who want to sew something other than clothing that is different from what they can make in other 4-H projects or that requires specialized or professional-level skills beyond those typically used in other non-clothing projects. 4-H members of any age can complete this project but should have previous sewing experience and be able to plan and complete the project on their own with minimal supervision or assistance. Complete leadership/citizenship and learning activities as described in the project book. Available online at **www.ohio4h.org/publications**
Judging – Bring constructed item(s) and project book.
Exhibit – Constructed item(s).

SPECIAL CLOTHING AWARDS

Suede Award – 4-H members participating in the 4-H Fashion Revue who use pig suede as a part of, or all of, their clothing project will be eligible to receive an award from the Clinton County Pork Council Women. Item needs to be at least 25% suede.

Wool Award – awards will be given by the Clinton County Lamb & Fleece committee to 4-H members who have used woolen fabric to construct their garment(s).
The local "Make It With Wool" contest will honor contestant's garments made of any percentage of wool. The state "Make It With Wool" contest requires the garment(s) to be made of a minimum of 60% wool. For further details contact the Extension office. The awards will be presented if merited by the quality of the projects exhibited. Winners of these awards may or may not be top winners in the various 4-H clothing categories. The official clothing judges will make the final decision.

***SEE EXCEPTIONS AS LISTED BY PROJECT

FOODS AND NUTRITION

- **Judging – Wednesday, July 8, 11 a.m., Fairground, Expo Building**
- **Projects will be assigned a specific judging time. Watch 4-H emails for updates.**
- **Awards – Sunday, July 12, 6:30 p.m., Peterson Building & Line up at 6:15 p.m., Junior Fair Building**
- **Project must be put on display prior to fair during the Junior Fair Set Up, July 8, 4-7:00 p.m.**
- **Project can be removed on Saturday, July 18, 9-11:00 a.m.**

Foods & Nutrition General Information

- Follow completion and judging requirements as listed and bring a completed project to judging.
- All Ohio 4-H food and nutrition projects use The New Pyramid, which incorporates current USDA recommendations about eating and exercise. Depending on a project book's publication date, it may refer instead to the older MyPyramid or Food Guide Pyramid, but 4-H members should still know The New Pyramid recommendations. For information about The New Pyramid, go to www.choosemyplate.gov.
- Advisors are responsible for making sure members know time of project judging. If a member cannot be judged at scheduled time, he/she should make arrangements for make-up judging by calling the OSU Extension office 937-382-0901.

Important phases of food judging include:

- Nutrition knowledge, meal planning and proper writing of menus where indicated. They should know nutrition information about menus planned and food brought to judging.
- Neatness and cleanliness of member at judging.
- Bring the food prepared and an appropriate table setting. Include in the table setting any needed dinnerware, silverware, glassware, tablecloth, or place mat for one, appropriate centerpiece and recipe for item if not in 4-H project book.
- Bring the whole recipe to judging unless otherwise noted.
- Interview with judge on above items, showing project enthusiasm.

To be considered for state fair and special evaluation awards, members must be evaluated by the official judge.

Advisors and members are encouraged to hold their own pre-judging activity to give members confidence and to help them know what judging is all about.

Project books should be turned in to advisors before judging so that they can be checked for completion. Important: Foods brought for judging need not come from the project book but if substituted, must be of equal difficulty.

Advisors need to explain to 4-H'ers about the need to be concerned with food safety. The Ohio State University Extension's position on food safety states that any food not properly stored for longer than two hours can be potentially harmful.

Complete at least one leadership/citizenship activity; be ready to discuss it with the judge.

The Family & Consumer Sciences Committee & Fashion & Nutrition Board are here to help and would welcome being asked to visit your club. Please call the OSUE office for contact information.

SPECIAL FOODS & NUTRITION AWARDS

LOCALLY GROWN or RAISED – A community donor will sponsor one overall foods and nutrition project for 4-H members using locally grown or raised items in a recipe.

COOKING WITH PORK – The Clinton County Pork Council Women will sponsor awards for the top three 4-H members using pork in a recipe they prepare for judging.

COOKING WITH LAMB – The Clinton County Lamb and Fleece Committee will sponsor awards for the top three 4-H members using lamb in a recipe they prepare for judging.

***Be sure to check the box on the judging sheet for these awards or ask the judge to make a note on your judging sheet to qualify for these awards.

Please refer to the Ohio State Fair Requirements for foods judging guidelines.
http://www.ohio4h.org/families/ohio-state-fair/state-fair-4-h-non-livestock-guidebook

Beginner

The following projects are recommended for beginners:

Let's Start Cooking (459-B) *(State Competition) (Formerly I Spy in the Kitchen.)*
Snack Attack! (484-B) (State Competition)
Take a Break for Breakfast (487-B) (Revised in 2019, was Fast Break for Breakfast) (State Competition)
Everyday Food and Fitness (481-B) (State Competition) (New December 2017)

Guidelines for all beginner projects
Completion – do the activities listed in the book.
Judging – bring: 1) a full recipe of food prepared in the project; 2) one day's menu including the item brought to judging; 3) completed project book; 4) appropriate table setting and centerpiece is required; 5) and a record of foods prepared during the project, the date prepared and how many were served.
Exhibit – Place setting including centerpiece. No posters for fair display.

Intermediate

The following projects are recommended for intermediates:

Let's Bake Quick Breads (461-I) (State Competition) (Revised 2015)
Sports Nutrition: Ready, Set, Go (463-I) (State Competition) *(Revised 2017)*
Grill Master (472-I) (State Competition)
Star Spangled Foods (475-I) (State Competition)
Party Planner: A 4-H Guide to Quantity Cooking (477-I) (State Competition)
Racing the Clock to Awesome Meals (485-I) (State Competition)

Guidelines for intermediate projects
Completion – do the activities listed in the book.
Judging – bring: 1) bring a full recipe of a food prepared in the project; 2) one day's menu including the item brought to judging; 3) include recipe if not in the book; 4) an attractive table setting and centerpiece; 5) completed project book and food record.
Exhibit – Place setting including centerpiece and the day's menu. No posters for fair display.

Advanced

The following projects are recommended as advanced:

Yeast Breads on the Rise (462-A) *(State Competition)*
Cooking on My Own (467-A) *(State Competition)*
Global Gourmet (469-A) *(State Competition)* (Revised 2016)
Beyond the Grill (474-A) *(State Competition)*
Kitchen Boss (476-A) *(State Competition) (New 2022)*

Guidelines for advanced projects
Completion – do the activities listed in the book.
Judging – bring: 1) bring a full recipe of a food prepared in the project; 2) one day's menu including the food brought to judging; 3) include recipe if not in the book; 4) an attractive table setting and centerpiece; 5) completed project book and food record.
Exhibit – Place setting including centerpiece and the day's menu. No posters for fair display.