



CALL FOR ENTRIES

THE 11TH ANNUAL DESIGN AND BUILD COMPETITION TO BENEFIT FREDERICKSBURG REGIONAL FOOD BANK

WHO

Teams of Architects, Engineers, Contractors, Designers, Companies and Students.

WHEN

September 1	Registration Opens
February 3	Registration Ends
February 27	Sign Information Due
March 3-10	Public Vote - Online

March 11 WINNERS ANNOUNCED!

WHERE

Spotsylvania Towne Centre,
137 Spotsylvania Mall Dr Fredericksburg,
Va 22407

WHY

To benefit FREDERICKSBURG
REGIONAL FOOD BANK

HOW

Complete an entry form online at:
www.fredfood.org/canstruction

WHAT

Design & build structures made entirely from canned foods within a 10'x10'x8'h space.



Life Church DC Deacon - Crown of Glory
2023 People's Choice Award Winner



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Ulliman Schutte Construction
2023 Winner Most Cans
2,616 Cans



Canstruction, Inc. is a nonprofit organization that holds annual design and build competitions to benefit local food banks. Founded in 1992, the competitions are responsible for collecting over 20 million pounds of food for the communities where Canstruction operates.





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SCAN ME

WHAT

Design & build structures made entirely from canned foods within a 10'x10'x8'h space.



Germanna Community College
2023 Winner Best Meal, Best Use of Labels, Best
Original Design & Structural Integrity.



Build Out Rules & Regulations

Size of Structure - Maximum structure size = 10ft L x 10ft W x 10ft H (3m L x 3m W x 3m H)

Size of Build Team - Maximum team size= five (5) builders at a time

Build Out Time - Maximum build out time = twelve (12) hours

Food/Beverage:

Non Permissible Items:

- NO glass containers or alcoholic beverages
- NO junk food (e.g. candy, chips, etc.) or pet food
- NO opened, exposed or expired food/beverage
- NO covered, removed or altered can/product labels
- NO empty cans or plastic bottles/containers

Permissible Items:

- Full, unopened, canned food of all sizes with labels intact/unaltered
- Full, unopened, beverage cans of all sizes with labels intact (NO alcoholic beverages)
- Full, unopened, plastic bottles/containers of food/beverage with labels intact/unaltered
- Use of boxes, bags and packets of food is acceptable; however, cans must be used for the majority of the structure

Building Materials:

Non Permissible Items:

- NO wood or metal beams, struts, steel tubes or bracing materials
- NO leveling materials (templates) greater than 1/4" thick (6mm)
- NO sheet metal, steel plates, Fiberock, or glass
- NO permanent adhesives or bonding process (soldering, etc)

Permissible Items: (provided they do not damage cans or labels)

- Velcro, magnets, zip-ties, tape, silicone
- Rubber bands, nylon string, wire mesh or wire
- Wood or steel rods, PVC pipe, threaded metal rods
- Leveling materials (templates) not greater than 1/4" thick (6mm)

Examples of approved leveling materials are: cardboard, foam-core, masonite, MDF, plywood, plexiglass, fiberglass

Structures MUST be supported internally and externally by canned food and/or beverage cans between leveling materials.

Props- Props may be used; however, it is best to solve design problems with food items. (if you must use props try to make them out of food items such as tea or coffee bags, condiment packets, etc.) Lighting, mirrors, electronic devices are acceptable but may reduce a structure's chance of winning the International Competition.



Canstruction Judges Score Sheet

JUDGES NAME: _____ DATE: _____

STRUCTURE NAME: _____

Optimal Label Usage: Are the labels used to create details on the structure? Do the labels enhance the structure's overall appearance?

Ingredients: Does the structure use ingredients that would create a balanced meal? Are all food groups used? (protein, vegetables..)

Innovative Structural Design: Does this design involve a high level of difficulty? Does the structure appear gravity defying but stable?

First Impression: Is it awe inspiring? Will it create a lasting impression? Does the structure excite or stimulate at first sight?

Uniquely Creative: Does the structure avoid trademark images? (e.g. Mickey Mouse) Is it a new twist on something or an original idea?

Structural Ingenuity		
Innovative Structural Design	50	
First Impression	30	
Optimal Label Usage	10	
Ingredients	10	
TOTAL		

Best Meal		
Ingredients	50	
First Impression	30	
Innovative Structural Design	10	
Optimal Label Usage	10	
TOTAL		

Best Use of Labels		
Optimal Label Usage	50	
First Impression	30	
Innovative Structural Design	10	
Ingredients	10	
TOTAL		

Best Original Design		
Uniquely Creative	50	
First Impression	30	
Innovative Structural Design	10	
Ingredients	10	
TOTAL		

Most Cans- The winner of this category is the structure containing the most cans.

People's Choice- The winner of this category is the most popular structure determined by receiving the most votes. Voting for this category can be done via social media, onsite voting box, scanning QR code on signage, etc.

