



Social Media Cheatsheet

2016 Teams & Supporting Social Media Handles

TEAM NAME	Twitter	Instagram	Facebook Link
ALLNORTH / MAPLE LEAF FOODS	@Allnorth @MapleLeafFoods	@mapleleafoods	https://www.facebook.com/MapleLeafFoods/?fref=ts
AMEC FOSTER WHEELER	@amec_fw	@amec_fw	https://www.facebook.com/amecfw/?fref=ts
AUSENCO CANADA INC	@Ausenco	TBC	https://www.facebook.com/Ausenco
BOSA, NEW WESTMINSTER SECONDARY	@bosaproperties	@bosaproperties	https://www.facebook.com/BosaProperties/?fref=ts
FLUOR CANADA LTD./ ERIC HAMBER	@fluorcanada	TBC	TBC
FORTIS BC	@FortisBC	@fortisbc	TBC
KODAK CANADA	@Kodak	@kodak	https://www.facebook.com/kodaknow
MET FINE PRINTERS / PERKINS +WILL	@metprinters/ @perkinswill_VAN	@metprinters	https://www.facebook.com/metprinters/?fref=ts
METRO VANCOUVER	@MetroVancouver	TBC	https://www.facebook.com/metrovancouver/?fref=ts
PW MINI SCHOOL/ COWI Canada	@pwmini @cowi		https://www.facebook.com/pwmini40/?fref=ts https://www.facebook.com/cowi
RF BINNIE & ASSOCIATES. LTD	@BuildwithBinnie		https://www.facebook.com/BinnieConsulting/?fref=nf
S ARCHITECTURE WITH PARALLEL AND ROBINS PHARMA	TBC	TBC	TBC
ST. JOHN'S SCHOOL	@stjohnssociety	@st._johns_school	https://www.facebook.com/StJohnsSchoolVancouver
STANTEC / PCL CONSTRUCTORS	@Stantec @PCLConstruction		https://www.facebook.com/StantecInc/?fref=nf
TURNER CONSTRUCTION COMPANY	@turner_talk		TBC

TEAM NAME	Twitter	Instagram	Facebook Link
UNIVERCITY SFU/ HCMA / FAST + EPP	@UniverCity_SFU @hcma @fast_epp		https://www.facebook.com/HCMAarchitecturedesign/?ref=ts
VANCOUVER CONVENTION CENTRE / PWL PARTNERSHIP LANDSCAPE ARCHITECTS INC.	@VanConventions		https://www.facebook.com/vancouverconventioncentre/?fref=ts
OMNI ENGINEERING/ UNICYCLE CREATIVE	@GreenBriefs (Unicycle Creative)		https://www.facebook.com/unicyclecreative/timeline
ROKSTAD POWER	@RokstadPower		https://www.facebook.com/RokstadPowerCorp
SCIENCE WORLD / GDCBC / SPICERS	@scienceworldca @gdcbc	https://www.twitter.com/gdcbc	https://www.facebook.com/scienceworldca
ZGF COTTER ARCHITECTS INC	@ZGFArchitects		https://www.facebook.com/ZGFarchitects
GREATER VANCOUVER FOOD BANK	@vanfoodbank	@vanfoodbank	https://www.facebook.com/VanFoodBank/?fref=ts
CANSTRUCTION VANCOUVER	@canstructionyvr		

WHO

Teams of Vancouver's socially engaged Architects, Engineers, Graphic Designers, Companies and Students attending Schools of Architecture, Engineering and Design.

WHAT

Design & build structures made entirely from full cans of food within a 10'x10'x8'h space. Curated and placed on display to the public in Vancouver's premier foodie event where 100% of the food is donated to the Greater Vancouver Food Bank Society.

WHERE

Canstruction Vancouver takes place in our premier locations in the heart of downtown Vancouver with access FREE to the public.

WHEN

Open to the public April 30-May 13

Greater Vancouver Food Bank Food Facts

1.39 million cans raised since 2002

Over 74,000 cans raised in 2015
36,922 pounds of food for the food bank
19 sculptures built in 2015.
259 sculptures built since 2002
\$3,673,392 estimated retail value of all food raised
\$14,183 average retail food value per sculpture

Fast Facts

2016 competition year: 14
Numbers of companies & schools involved in 2015:64
Average number of people per team: 15
Number of CANstructors (cans-sculpture builders): 285

Official Hashtags

#canstructionyvr #whoshungry

Social Media Posts

Twitter:

1. Meet 2016's #canstructionyvr team @Allnorth @MapleLeafFoods @amec_fw @Ausenco @bosaproperties @fluorcanada @FortisBC @Kodak @metprinters
2. Meet 2016's #canstructionyvr team @perkinswill_VAN @MetroVancouver @pwmmini @cowi @BuildwithBinnie @stjohnssociety @Stantec @PCLConstruction
3. Meet 2016's #canstructionyvr team @turner_talk @UniverCity_SFU @hcma @fast_epp @VanConventions @GreenBriefs #StopHunger
4. Meet 2016's #canstructionyvr team @RokstadPower @scienceworldca @gdcbc @ZGFArchitects @vanfoodbank #StopHunger

General:

- 19 can sculptures were built in 2015. This year, @CANstructionyvr is SOLD OUT and has upped the competition with 21 teams. CANgratulations!
- Did you know: each @canstructionyvr CANsculpture retails for approximately \$14,183? This year, help us #STOPHUNGER. Coming to the streets of #Vancouver April
- .@bosaproperties and #DuranteKreuk team up to build "Release the KraCAN" at last year's Construction Vancouver. Watch the video here: <https://vimeo.com/126028231>. This year's event happens on April 30-May 13. Stay tuned! #canstructionYVR #StopHunger
- CANstruction helps benefit the Greater Vancouver Food Bank Society by filling their shelves with much needed high value protein and food. Happening April 30-May 13. #StayTuned for photos of our CANsculpture.
- #CANstructionYVR is hitting the streets of #Vancouver April 2016. Great initiative by sponsors @METprinters @FortisBC for @vanfoodbank.

Hashtag:

Pro Tips

- Include your involvement with CANstruction on your LinkedIn profile as a volunteer effort.
- Contest Idea: Number of likes = # of cans donated to the food bank.

Link to Photos You Can Use

<https://drive.google.com/a/douglascreative.ca/folderview?id=0B1GKRIZ1rWEwM0ZybEV0UFRrcnc&usp=sharing>

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Questions/Comments?

Lynette Lim
778-558-5848
llim@douglascreative.ca

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