



## Frequently Asked Questions - 2018

### Q: What is the idea and purpose behind CANstruction?

A: Canstruction® is an international charity that raises food each year for local food banks in over 160 cities worldwide. Teams of architects, engineers, designers, and schools come together to CANstruct giant sculptures made entirely out of canned food. Our local Vancouver event has been held in the Lower Mainland since 2002, with over 1,318,000 cans of food raised since its inauguration. CANstruction Vancouver is a challenging and fun team-building activity, all toward a terrific cause.

### Q: How many team members are allowed?

A: Five official team members are required, with an unlimited number of “associate team members” allowed. All team members are allowed to participate in the design, planning, and construction of the sculpture. On Build Day, five members are allowed to be actively building at one time. Each team must select a Captain.

### Q: What role does the Team Captain serve?

A: The Team Captain will be the main contact person to receive all competition information from the Greater Vancouver Food Bank. Team Captains will be required to attend a Captain’s Meeting prior to Build Day to receive crucial building and deconstruction information for their team. Beyond this, Team Captains may expect to serve as the rallying person for their team, ensuring designs are submitted, structures are prepared, and cans are ordered.

### Q: What kind of structures are expected/allowed?

A: There are a number of set regulations regarding structure design, all of which will be provided to the Team Captain upon registration. Initial guidelines are as follows:

1. Structure size limit: 10’ long x 10’ wide x 10’ high
2. Build time limit: 12 hours

**Food guidelines:** Designs must use full, unopened canned foods, beverage cans, and plastic bottles/containers with all labels intact/unaltered. **Alcoholic beverages, junk food, and pet food are not allowed.** For full regulations, please refer to the Captain’s Manual following registration.

#### **Building guidelines:**

Structures must be supported internally and externally by canned food and/or beverage cans along with leveling materials. Leveling materials may not be greater than 1/4’ thick. Examples of leveling materials allowed are: cardboard, foam-core, masonite, MDF, plywood, plexiglass, and fiberglass.

To see photos of past structures, visit our Facebook page @canstructionvan.

**Q: How will my team obtain canned food for our structure?**

A: CANstruction Vancouver is pleased to partner with Save-On Foods in 2018. Team Captains will receive specific purchasing information in July 2018. You can expect a wide range of food and beverage options available with varying colours, sizes, and prices.

**Q: What does the registration fee go toward?**

A: Your registration fee goes toward the cost of running this event, including the registration fee with Canstruction International, support for the exhibition days, the awards ceremony and more.

**Q: Can my team volunteer or raise extra funds for CANstruction 2018?**

A: Absolutely! Volunteers will be needed throughout the event, from set-up to exhibition days to teardown. If you are interested in volunteering, please email [events@foodbank.bc.ca](mailto:events@foodbank.bc.ca) with your general availability November 1st— November 11th.

Teams are also encouraged to be creative in fundraising efforts, if they wish to further support the work of the Greater Vancouver Food Bank. You can create a competition between departments within your company, create challenges for family or friends, and much more! The Food Bank is able to purchase \$3 worth of food for every \$1 donated - making a huge impact for our members served.

**Q: Who does the donated food/money support?**

A: All money raised and food used in the CANstruction sculptures is donated to the Greater Vancouver Food Bank in support of the 27,000 members served weekly throughout Vancouver, Burnaby, New Westminster, and the North Shore.

<b>KEY DATES:</b>	<b>TEAM DESIGNS DUE</b>	<b>ACANAMY AWARDS</b>
	Sept. 15, 2018	Nov. 8, 2018
<b>REGISTRATION DEADLINE</b>	<b>BUILD DAY</b>	<b>TEAR DOWN</b>
July 31, 2018	Nov. 3, 2018	Nov. 11, 2018
	<b>PUBLIC VIEWING</b>	
	Nov. 3 - 11, 2018	