



# HANDBOOK 2025



## **Thank you**

Thank you to our partners, Capital Area Food Bank and Fashion Centre at Pentagon City, for providing us the means to make this event a reality.

Thank you to our Sponsors for funding the event and donating to a great cause.

Thank you to our Committee for organizing and planning the event. This event could not happen without you.

Thank you to our Teams for your gracious participation and effort to make this a great event.

Thank you to the public for following us through every step of the way.

## **2025 Community Service / Canstruction Committee**

Grace Gan, AIA, Co-Chair

Bronwyn Redd, Assoc. AIA, Co-Chair

Jay Scruggs, AIA, Past Chair

Tom Becherer, Assoc. AIA

April Drake, AIA

Chelsea Piche, AIA

Emily Savoca, AIA

Jessica Somgynari, AIA

# **AIA Northern Virginia 2025 Canstruction Handbook**

## **The Handbook**

The purpose of this handbook is to help teams understand and navigate the process leading up to the Canstruction event. The handbook outlines each step with key dates the Teams should keep in mind while developing, fundraising, and preparing to build their sculptures. If you have any questions about the 2025 Handbook or have any suggestions on how to improve future handbooks, please visit the AIA Northern Virginia Community Service / Canstruction Committee at <https://aianova.org/committee/community-service/> to contact the current Co-Chairs leading the Committee.

## **What is Canstruction?**

Canstruction is a nationwide non-profit organization and program that aims to raise awareness about hunger insecurities through fun, local canned good design-build sculpture competitions. Teams from local firms in architecture and design to government and construction use their skills to build sculptures mostly out of canned goods. These food sculptures are referred to as CanArt. After the event, the nutritious food is donated to a local food bank for distribution to families in the Northern Virginia area. For more information about Canstruction, visit <https://www.canstruction.org/>.

This year AIA Northern Virginia is partnering with Capital Area Food Bank (CAFB) and Fashion Centre at Pentagon City to prepare and host the Canstruction Competition in September where a maximum of ten teams will compete for various awards and have the opportunity to move on to the national competition.

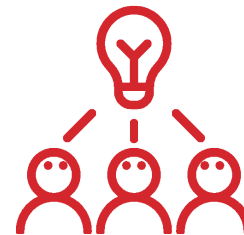


## **STEP 1**

### **Register Your Team!**

**DEADLINE: Wednesday, May 14**

Register your team before May 14th by going to our AIA NoVA Canstruction website! The order in which teams register will determine build location/site selection order.



## **STEP 2**

### **Turn in Your Clever Concept**

**DUE: Wednesday, May 14**

To assure that no duplicate structures are built, AIA NoVA respectfully requests an email of your design concept to [aianova@aianova.org](mailto:aianova@aianova.org). If necessary, teams with duplicate concepts will be notified, in case of a change of concept is preferred. So send us your concepts as soon as you can!



### **STEP 3**

## **Start the Fundraising Process**

#### **WEBSITE: Available in March**

Identify sponsors for your project. Advertise your project and enable your sponsors to receive a tax-deduction directly from Capital Area Food Bank (CAFB) by creating a fundraising page on the CAFB provided website.

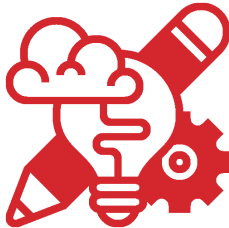


### **STEP 4**

## **Get Active on Social Media**

#### **ON-GOING**

Follow AIA NoVA on Facebook & Instagram. Raise excitement for your team's structure and the overall Construction build.



### **STEP 5**

## **Concept Development**

#### **ON-GOING**

Sketch/design for a space no larger than 10'x10'x10'.



### **STEP 6**

## **Visit a Giant Near You**

#### **ON-GOING**

Locate and identify desired sizes, colors, and clever food connections that match your concept. Take pictures of the shelf labels showing product code numbers. CAFB/Giant will need this information. Identify acceptable product substitutions in case Giant cannot locate/order original product.



## STEP 7

### Turn in Your Food Order

**DUE: Wednesday, July 16**

Using CAFB's Can Order Spreadsheet, please provide JPEG images of each product shelf label showing desired product code numbers (6-digit item code and 5-digit UPC), description, can size, retail price, and quantity of cans. CAFB and Giant will use this information to fulfill your team's can order.



## STEP 9

### Can Check

**COMPLETE: TBD (August 18 - 22)**

Verify your can order on site at CAFB. Team Captains may also settle any outstanding can balance during this time.



## STEP 8

### Turn in Your Team Information

**DUE: Wednesday, July 30**

Submit a list of team members with their T-Shirt sizes to [aianova@aianova.org](mailto:aianova@aianova.org). Please include descriptive statement and preliminary sketch of your structure to be shared with Fashion Centre at Pentagon City and used for marketing. Statement should not list sponsors or your firm name.



## STEP 10

### Turn in Your Final Sponsor

**DUE: Wednesday, Aug. 27**

Send the final list of team sponsors to [aianova@aianova.org](mailto:aianova@aianova.org). Team sponsors will be printed on your team poster. Once team final sponsors are submitted, no additions or changes can be accepted due to printing deadlines and limitations.



## STEP 11

### Can Payments

**DUE: Wednesday, Sept. 3**

All outstanding can balances ordered/invoiced by CAFB on your firm's behalf for usage in your CanArt must be satisfied by your firm prior to the 2025 Build Out night. Can delivery to Fashion Centre at Pentagon City on Thursday, Sept. 4 will be at the discretion of CAFB if balances are not satisfied in full.



## STEP 13

### Voting

**VOTE: Sept. 5 through Award Event**

Encourage your family, friends, and colleagues to vote online from Build Out night through the evening of the awards party. One vote = one dollar. QR codes for Peoples' Choice Voting will be available at your project site location on Build Out night.



## STEP 12

### Meet & Build

**BUILD: Friday, Sept. 5 from 4pm to 11pm**

Meet at the Fashion Centre at Pentagon City for Build Out night.

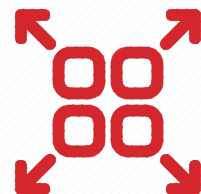


## STEP 14

### Collect Your Award

**AWARD EVENT: Sept. TBD (9 - 11)**

Celebrate with your team and receive your award(s). Location and date to be determined by the management of the Fashion Centre at Pentagon City.



## **STEP 15**

### **DeCanstruction**

#### **DISMANTLE: Sunday, Sept. 14 at 8am**

Each team is required to have a minimum of two (2) team members present to satisfy any safety questions which arise during the take down process. We encourage all team members to participate in the CanArt removal process for a faster take down. CAFB will provide storage boxes and transportation of food items. Be aware that CAFB does not provide staff to assist in the De-Canstruction process.



NOTE: By participating in Canstruction 2025, you agree to these Canstruction, Inc. Rules & Regulations. Competition organizers do not disqualify an entry. All decisions are left in the hands of the Jury.

# 2025 Rules & Regulations

## Materials and Teams

**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 in building area

**Build-Out Time:** Maximum build-out time = Seven (7) hours

**Please try to incorporate healthy canned foods into your design such as:**

- Black beans, low sodium
- Black-eyed peas
- Carrots, sliced, no salt added
- Corn, no salt added
- Turnip greens, low sodium
- Chicken
- Tuna
- Low sodium peaches in water or juice
- Pears in water or juice
- Tomatoes, no salt added

## Food/Beverage

### 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

### 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

# Building Materials

## **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. Cardboard tubes provided they aren't more than 1/4" thick.
- Leveling materials (templates) no greater than 1/4" thick (6mm) - Examples of approved leveling materials are: cardboard, foam-core, masonite, MDF, plywood, plexiglass, fiberglass

## **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.)

**Structures MUST be supported internally and externally by canned food and/or beverage cans between leveling materials.** This does not mean that the structure needs to be solid cans throughout, but rather that the structure simply be stable.

**Props may be used:** It is preferable 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.

**Safety is our top priority.** When using electronics that require power cords, please be mindful of your surroundings in your build location. Some build locations have power outlets in the adjacent walls and some in the floors. Please locate and secure any power cords and cord extensions to ensure others do not trip/slip and fall over the power and extension cords.

**No interactive structures.** Do not encourage visitors to touch your Canstruction structure. AIA NoVA will provide the ribbon to connect the stanchions and "Do not touch" signs. Teams are responsible for leaving their site 'broom-clean', with all boxes flattened and trash placed in plastic trash bags for quick and efficient disposal by the mall.

# Best Practices

## **Suggested Best Practices from Years Past:**

- Plan your sculpture in Revit if possible. You can print off templates for where to place your cans.
- Place leveling boards after each level of cans.
- Check your can heights to make sure they are all the same height.

- Do not fill the entirety of the middle of your sculpture with cans. Only place enough cans inside your CanArt to maintain the structural integrity, so you can buy fewer cans. The interior cans may be inexpensive cans, as the labels for the interior cans will not matter.
- Walls within the sculptures may tend to be unstable. Plan to use at least three (3) to five (5) rows of cans for sturdiness.
- Some teams mount those templates to foam core leveling boards.
- Be mindful of where you are placing food. It is strongly recommended that food not be placed on the floor. Like many establishments in urban areas, placing non-canned food items on the floor can attract pests.
- Be thoughtful about the cans you select. While certain cans may have desirable labels for your sculpture, be aware of the cost of each can. It all adds up.
- If you are new to the competition and would feel more comfortable teaming up with another firm, please let us know at [aianova@aianova.org](mailto:aianova@aianova.org), and we will try to facilitate a match for you.

## Team Fundraising

All teams will need to provide funding for the purchase of their cans. Actual purchase of items listed on the can order spreadsheet will be made by Capital Area Food Bank (CAFB) using donations from the Team fundraising pages. Any outstanding balances will be invoiced to the Team for payment at/before the can check. All teams are required to confirm their financial responsibility for all cans ordered on their behalf during the team registration process.

Individual team fundraising pages on a CAFB provided website platform will be available after teams register and agree to the financial responsibility terms with CAFB. After the fundraising page is open, Teams can manage and update their pages as needed. AIA NoVA Community Service / Canstruction Committee members will create the graphic below for team use. Suggested graphic elements/formatting for fundraising webpage:

1. Page Title: **Firm Name | Canstruction 2025**
2. Image of team/previous design/current design (whatever you choose) with firm logo and AIA NoVA logo in one corner of the image. If you don't have an image, you can use just the logos.
3. Description: Recommend providing a catching description to accompany your image.
4. Fundraising Goal: Add your fundraising goal to your fundraising website to encourage others to donate.



Once Teams create their fundraising pages, Teams can direct potential donors to their pages using their own private link. Since CAFB is a 501(c)(3) charity, any donations made by donors can be written off as a tax credit, and CAFB will not pay taxes on the purchased food items.

11

# Canstruction Team Poster



## Mission Statement:

### We bee-leaf in you

Let's get busy and donate in the 16th annual AIA and AFAC (Arlington Food Assistance Center) Canstruction competition. Together we can help thousands of families in our local community find peace of mind by eliminating the stress of determining where and if they will get access to nutritious groceries and meals. We bee-leaf that together we can work to feed the hungry in our community!

## Sponsors:

Ascent Engineering Group  
Capital Brick  
Dustin Construction  
Ehert Bryan  
Forella  
HES  
JJ Haines  
Keller Construction, Inc.  
Meridian Construction Co, Inc.  
Pennon  
Prosper & Pasion Inc.  
Rathgeber/Goss Associates, PC  
Spartan Surfaces  
Spicesaver Systems, Inc.  
Shaw Contract  
Stanley Stephens Co.

## Number of Cans:

4,090

## Ingredients:

Black Beans  
Garbanzo Beans  
Green Beans  
Carrots  
Tuna

## Designed and Built By:

### Samaha Associates, P.C.

Arielannia Walker\*  
Michael Vann\*  
Adam Compton  
Amy McCarty  
Beth McCarthy  
Chantal Lacrosse  
David Patnode  
Ehab Alhariri

Jenny Alvarez  
Jhoel Prevencido  
Kylie Lee  
Mahamudul Hasan Asif  
Melody Cates  
Paul Falkenberg  
Sari Melhem  
Tom Lee

\* Team Captain/Co-Captain



## Canned Food Facts:

Cans Seal in Freshness, Flavor + Nutrition Naturally • Cans are one of the healthiest ways to get food from the farm to the family table.

Cans Lock in Nutrients at the Peak of Ripeness - Just Hours After Picking The process is the same as our grandparents and great grandparents used to preserve foods.

Metal Cans are Endlessly Recyclable • Cans are the most recycled food and beverage containers in America today, keeping metal out of landfills and saving significant energy.

## Organized By:



## To Benefit The:



## Be Social:

Tag us on social media for a chance to win a Starbucks gift card!



www.canstruction.org

Printed by Mosaic Express



## Mission Statement:

### Sea Hunger Otter Here!

HGA is constructing a pair of sea otters made entirely of canned goods and food items. This dynamic duo is holding paws to keep from drifting apart while they snooze. While most sea otters can live their entire lives without ever leaving the water these two will be making an appearance at this year's CANstruction event at Dulles International Airport.

This hearty pair is made up mostly of proteins - an assortment of tuna and beans, Rice and pretzels round out their fluffy bellies and complete their flippers. The entire sculpture is floating on a gentle sea of low sodium black beans, complete with green bean stalks and Ramen "kelp" Noodles.

## Sponsors:

The Peterson Companies  
Leslie Kaufmann Associates  
Price Modern  
Clark Construction Group, LLC.

## Number of Cans:

4,218

## Ingredients:

Black Beans  
Brown Gravy Mix  
Chunk Light Tuna  
Chunk Pineapple  
Green Beans  
Pork and Beans  
Pretzels  
Wheat Pasta Noodles

## Designed and Built By:

### HGA

Allie Ditzel, AIA\*  
Michelle Munson, AIA\*  
Andrea Bonilla  
Andres Regens  
Austin Brock, Assoc. AIA  
Ethan Fogle  
Jay Scruggs, AIA  
Julie Benjamin, AIA  
Patrick Kobay, AIA  
Reuben Harmed, AIA  
Rose Guard, AIA  
Shayna Ciri Assoc. AIA  
Susan Allen  
Val De Capite, Assoc. AIA

\* Team Captain/Co-Captain



## Canned Food Facts:

Cans Seal in Freshness, Flavor + Nutrition Naturally • Cans are one of the healthiest ways to get food from the farm to the family table.

Cans Lock in Nutrients at the Peak of Ripeness - Just Hours After Picking The process is the same as our grandparents and great grandparents used to preserve foods.

Metal Cans are Endlessly Recyclable • Cans are the most recycled food and beverage containers in America today, keeping metal out of landfills and saving significant energy.

## Organized By:



## To Benefit The:



## Be Social:

Tag us on social media for a chance to win a Starbucks gift card!



www.canstruction.org

Printed by Mosaic Express

Samaha Team Board - 2019

HGA Team Board - 2019

Please email the following information to [aianova@aianova.org](mailto:aianova@aianova.org).

- The 'Project Title' of your proposed sculpture. Be pun-ny and go for the laughs.
- Using an approximate 150 word limit, write a descriptive statement of your design. Puns are great! Keep your statement pithy and let the entry speak for you. **Do not use your firm name or sponsor in the description. DO NOT use the firm name in the descriptive statement, as this statement will be shared with the jurors at the competition judging.**
- List your team members in alphabetical order, team captains on top. Please pay special attention to spelling of the names! Don't forget to add your AIA credentials.
- Using CAFB's can ordering spreadsheet (with jpeg images!) submit your final can quantity and your top food item types
- The list of Final Team Sponsors is due to AIA NoVA no later than Wednesday, Aug. 27.

## Build Day & Venue

- Friday, Sept. 5, 4pm to 11pm in the Fashion Centre of Pentagon City. Please note, all stores close at 9pm.
- There is only space for 10 teams. The order in which teams register will determine build location/site selection order.
- Do as much prefabrication of foam core or other special materials you require. If you have a chance to practice your build in your office, take that opportunity to lessen surprises at the site.
- Come with plenty of extra supplies — over-estimate. Sometimes cans can be damaged in shopping so be sure to order extra just in case.
- We will provide dinner and water for the teams to keep you working throughout the evening.

## Press/Public

The public will be invited to view the completed structures Sept. 6-13, and to vote for their favorite project Sept. 6 to Awards Event. One dollar = one vote. The press will be invited to attend the Build-out, Awards, and DeCanstruction events.

## Decanstruction, Judging, & Awards

Local winners go on to compete nationally through the submission of photographs to a national panel of jurors. For national award consideration, structural integrity of the integral design components of the sculpture need to be maintained and intact through Judging and Photography.

### **Awards that go to the National Canstruction competition:**

- Best Original Design
- Best Meal
- Best Use of Labels
- Structural Ingenuity
- Most Cans
- Peoples' Choice Award
- Local Awards at Judges' Discretion

Awards will be announced at a restaurant located in Fashion Centre at Pentagon City. DeCanstruction will occur on Sunday, Sept. 14. At least two (2) team member must be present.

### **Note:**

- No signage may be near your structure until the jurors have left the area.
- No team member(s) may be present during judging.
- To be considered for the Structural Ingenuity Awards, the primary structural of the CanArt contributing to the overall concept of the design must be structurally sound at the time of jury selections.

## KEY DATES

### **Registration**

Due: Wednesday, May 14

### **Clever Concept Description**

Due: Wednesday, May 14

### **Food Order/Listing of Ingredients**

Due: Friday, July 16

### **Team Member Information**

Due: Friday, July 30

### **Can Check, @Capital Area Food Bank (CAFB)**

TBD Week of August 18 -22

### **Final Team Sponsors:**

Due: Wednesday, Aug. 27

### **Can Payment, @Capital Area Food Bank (CAFB)**

No later than Wednesday, Sept. 3 by 5pm

### **BUILD DAY!**

Friday, Sept. 5 from 4pm to 11pm

### **Award Ceremony**

TBD Week of September 9-11

### **DeCanstruction**

Sunday, Sept. 14 at 8am

