FOR IMMEDIATE RELEASE

24th Annual CANstruction Competition to Defy Hunger and Gravity in Hampton Roads

NORFOLK, VA | April 2, 2024 – The highly anticipated 24th Annual Canstruction Design | Build Competition returns April 7th to 20th. During this unique charity art exhibition, architectural, construction, and engineering teams compete to see who can best defy the laws of gravity by creating structures assembled from canned food. Once the structures have been judged, all food from the competition will be donated to the Foodbank.

In its 23-year history, Canstruction has contributed over 600,000 pounds of food and $50,000 to the local community. Canstruction is not just a competition; it’s a team-building and community service project that brings together professionals from the A/E/C industry, showcasing their skills while supporting the fight against hunger. This year, with the support of sponsors including the SDA and AIA Hampton Roads Chapters, along with Lynnhaven Mall, the event is set to scale new heights.

Teams from AECOM, Moseley Architects, Ulliman Schutte/Alberici, HBA Architecture & Interior Design, and Clark Nexsen will compete for top honors in five award categories: Best Original Design, Structural Ingenuity, Best Meal, Best Use of Labels, and Most Cans. Local winners compete in the International Competition through digital submission.

These teams will have eight hours to construct their masterpieces at Lynnhaven Mall on Sunday, April 7th, beginning at 10 am.

Here are some 'can't-miss' fun facts about the competition:

- Each team must raise their own funds for food, demonstrating their commitment to the cause.
- Structures must not exceed 10’x10’x10’, challenging teams to think creatively within constraints.
- With only five team members allowed to build within eight hours, teamwork and efficiency are key.
- Props are limited, and permanent affixing of cans is strictly prohibited.
- Nutritious foods are preferred, ensuring that donations make a meaningful impact on hunger relief efforts.

An awards reception will be held on Monday, April 8th, at 5:30 pm outside Macy’s interior entrance, celebrating the ingenuity and generosity of all participants. After a two-week-long display at Lynnhaven Mall, the structures will be dismantled on Saturday, April 20th, with the help of Foodbank staff and volunteers.

About the Foodbank
Since 1981, the Foodbank of Southeastern Virginia and the Eastern Shore has proudly provided more than 380 million meals to our neighbors in need. We play a vital role in the fight against hunger by collecting, storing, and distributing food to our neighbors, while also working to address the root causes of hunger and food insecurity. This past year, we – alongside our neighbors – endured the impact of rising inflation, expiration of critical pandemic-era programs, and increased fuel and shipping costs. These hardships intensified the demand for our services and for the first time, we distributed more than 21 million pounds.
of food. With the support of our dedicated volunteers, generous donors, and compassionate community members, we strive to exceed this ever-growing baseline goal each year, ensuring that no one in our community goes to bed hungry. For up-to-date information, visit foodbankonline.org or follow us on social media (@foodbankseva).