



Preventing Homelessness, Ending Hunger

Tips for 2019 Canstruction® Teams

MOM will periodically update these tips. Please submit your ideas for additions to canstructionmadison@momhelps.org.

1. Be creative. Think outside the can! Have Fun!
2. Use cardboard or foam core between the layers of cans to create a stable structure. Cardboard can be purchased from uline.com.
3. Use fishing line to hold canned goods together. Tape is permitted although discouraged as it often tears the label during DeCanstruction.
4. Use a large format printer to print out full size templates for each layer of the structure.
5. Use Google SketchUp, a free software for creating 3D models. Simply Google “SketchUp” to find the web site from which it can be downloaded.
6. Strategy for winning the Most Nutritious Meals Award. Please read the Most Nutritious Meals Trophy description found in the Award Appendix in the Canstruction® Madison rules. Because the “Superior” nutritional value meals earn a weight of 10 (as compared to the “Good” and “Fair” nutritional value meals which earn weights of 5 and 1, respectively), a structure that is evenly distributed (by weight in ounces) between the four food groups will earn a higher score than a structure that is not evenly distributed (by weight in ounces) between the four food groups.
7. Consider a pre-build of your structure before the actual Build Out.
8. Develop a plan for managing the building materials – both food and non-food items.