



February 15, 2015

[cedarrapids.canstruction.org](http://cedarrapids.canstruction.org)

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Shive-Hattery

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**Leslee Sandberg**  
Christ Episcopal Church

**Donna Stratton**

Hello Fellow Philanthropists and Educators,

This year is a special year—it's our **10th anniversary of Corridor Canstruction!** Please help this year by entering a team or making a donation for hungry families right here in eastern Iowa.

Corridor Canstruction combines friendly competition with a unique way to feed the hungry. Teams of adults (many of them architects and engineers), as well as community, student, and youth groups from **the Cedar Rapids/Iowa City Corridor** will strut their creative stuff—building structures entirely out of canned food. All food is then given to food pantries and crisis centers in eastern Iowa with the help of the HACAP Food Reservoir.

Even in Iowa, 12.5% of households are not food secure. In our region of Iowa alone, nearly 50,000 people regularly experience hunger. Hunger is real. It hurts. But you can help: it starts with **ONE CAN!**

**The 10th Annual Corridor Canstruction Competition  
will be held on Saturday, April 18 at Lindale Mall in  
Cedar Rapids.**

Ready to find out more? Check out our [new website at cedarrapids.canstruction.org](http://cedarrapids.canstruction.org). The rules, important dates, contact info, and more are online. Or, let us know if you're interested in mentoring a school or youth team.

**The deadline to register is Friday, March 27.** Register your team at [cedarrapids.canstruction.org/competition](http://cedarrapids.canstruction.org/competition) and reserve your spot!

All in the name of feeding hungry Iowans.

Thank you for your past participation and support!

Sincerely,

*The Corridor Canstruction Planning Committee*



# support canstruction



**Want to help the cause, but can't enter your own build team? You can still support Canstruction!**

Cash donations help Canstruction with recurring expenses such as postage, signs, equipment to keep the finished builds safe, and trophies for our school and community team winners. All money after that goes directly to HACAP to feed even more hungry families in Eastern Iowa.

## **Benefits of being a contributor include:**

- Your company name/logo on all signage
- Company name/logo on all participant t-shirts
- Company name/logo on our website
- Recognition during the event awards ceremony as as one of our generous sponsors

**Consider donating to the cause now, and help ensure Canstruction continues!**



**Yes! I would like to support this year's Corridor Canstruction.**

Enclosed is my check for ☐ \$50 ☐ \$100 ☐ \$200 ☐ \$ \_\_\_\_\_

Donating Individual, Company, or Organization\* \_\_\_\_\_

Phone\* \_\_\_\_\_

Contact Name\* \_\_\_\_\_

Contact Email\* \_\_\_\_\_



### **Mail Donation Form with Check Payable to:**

Corridor Canstruction  
c/o Jamie Achrazoglou, Treasurer  
4190 Prairie Meadow Ct NE  
Iowa City, IA 52240

Please send a high-resolution copy of your company or organization logo to [CorridorCans@gmail.com](mailto:CorridorCans@gmail.com) so we may include you in our list of sponsors.





# 10th annual corridor design/build competition

## call for entries

It starts with one can. To feed the hungry. To lift the spirit. Canstruction®, a charity committed to ending hunger, is using "one can" as a catalyst for change.

**Who** Teams of adults from the corridor **AND** teams from colleges, schools, and youth groups

**What** Design and build structures made entirely from canned foods within a 10'x10' space.

**When and Where** **Saturday, April 18—Lindale Mall, Cedar Rapids**  
Building: 7–11 a.m.  
Judging: 11 a.m.–noon  
Awards ceremony: noon  
Exhibit open to public: April 18–26  
Decanstruction: Sunday, April 26

In 2014, over **12,000 pounds of food** from Canstruction's event was distributed to non-profit programs in eastern Iowa with the help of the HACAP Food Reservoir. The food and donations collected provided about **5,000 meals!**

Think you have what it takes? Get creative, and help stop hunger.

Check out the competition rules and more information at [cedarrapids.canstruction.org](http://cedarrapids.canstruction.org). Teams are responsible for purchasing or collecting all canned goods for their structure. Your structure must be self-supporting.

**Why** To benefit HACAP Food Reservoir and area non-profit food banks

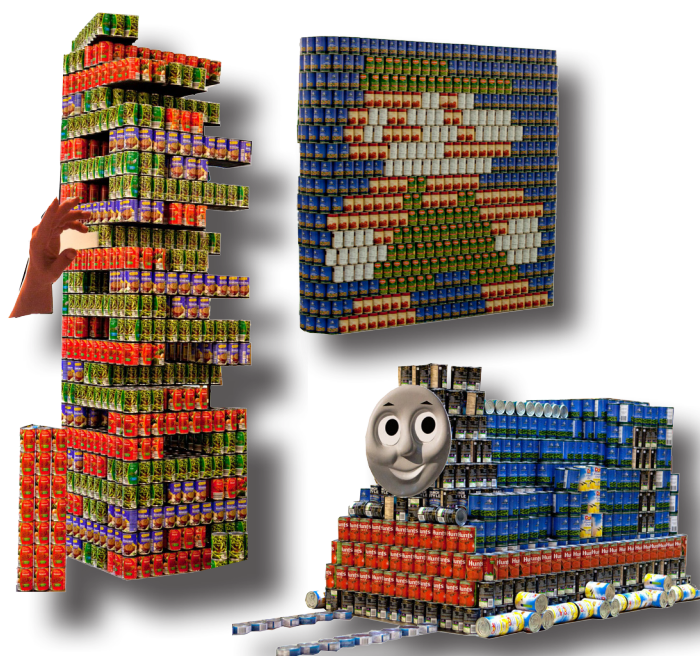
**Enter a Team** Register at [cedarrapids.canstruction.org](http://cedarrapids.canstruction.org) (new website) **by Friday, March 27**

**Entry Fee** \$100 for adult teams; no fee for student/youth groups. Make checks payable to:

**Mail Entry Fee to** Corridor Canstruction  
c/o Jamie Achrazoglou, Treasurer  
4190 Prairie Meadow Ct NE  
Iowa City, IA 52240

**Contact** [corridorcans@gmail.com](mailto:corridorcans@gmail.com)

**Support Us** Can't participate? Support Canstruction with a donation. See donation page.



**Rules and detailed information are available online at [cedarrapids.canstruction.org](http://cedarrapids.canstruction.org).**

**Printing services donated by Rapids Reproductions, Inc.**

**Sponsored by the American Institute of Architects.**

**Thanks to our other 2014 sponsors!**

Jym Bag  
Gilbane  
Heery Design  
SWA  
Lower Left Side Photography



**AIAIowa**  
A Chapter of the  
American Institute of Architects



## FOOD RESERVOIR PROGRAM

...a unique partnership between the food industry and charities to feed the hungry in this area.

### THE NEED

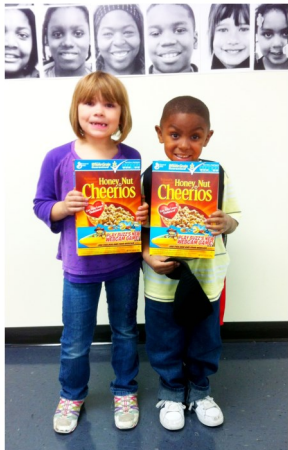
During tough economic times, more people struggle to get enough to eat both in Iowa and nationwide. One out of six Americans turn to government food assistance programs to help alleviate food insecurity. (*Not being sure where they will get enough food to feed their families*). Other Americans respond to food insecurity by skipping meals, substituting less expensive, less nutritious alternatives, or seeking emergency food from soup kitchens or food pantries. They worry nearly all the time about money running out to buy food for the children. Food insecurity affects health, worker productivity, growth and development of children, sense of well-being, and quality of life.

Iowans are no different. The vast majority of households in Iowa are food secure. Yet, even in Iowa, the breadbasket of the world, in HACAP Food Reservoir service area, **1 in 5 adults and 1 in 4 children go hungry at least once a week**. This averages out to be about 64,000 people a day in our service area.

### HOW WE HELP

The HACAP Food Reservoir is a private, non-profit charitable organization with a mission to help reduce hunger and food waste. As a member of the Feeding America Food Bank Network, the HACAP Food Reservoir receives donations of food and grocery products from the food industry, including manufacturers, wholesalers, and retailers, local donors, food drives, and the USDA.

The Food Reservoir channels those donated products to area soup kitchens, pantries, shelters, and other nonprofit food programs that feed those in need. **In FY 2014, HACAP distributed 3.9 million pounds of food and grocery products to needy families and individuals through a network of 100 non-profit programs in seven eastern Iowa counties.**



**Adlai Stevenson once said,  
“A hungry man is not a free man.”**

**Hunger is real. It hurts. You can help.**

1515 Hawkeye Drive ☐ PO Box 490 ☐ Hiawatha, Iowa 52233  
ph 319-393-7811 ☐ fax 319-393-6263 ☐ email [abourgeacq@hacap.org](mailto:abourgeacq@hacap.org)

AN EQUAL OPPORTUNITY AGENCY ☐ A UNITED WAY MEMBER AGENCY ☐ A MEMBER FEEDING AMERICA FOOD BANK NETWORK





2014 results

The 9th Annual Corridor Canstruction collected over 12,000 pounds of food for the HACAP Food Reservoir. That, combined with donations received, was enough to provide about **5,000 meals** for the hungry!

## ADULT TEAMS



**PEOPLE'S CHOICE AND BEST MEAL**  
**Dreams CAN Come True** *Shive-Hattery*



**JUROR'S FAVORITE**  
**CAN-terpillar** *OPN Architects*



**BEST USE OF LABELS** **Ballin' to Fight Hunger**  
*Neumann-Monson Architects*

**STRUCTURAL  
INGENUITY**  
**Do You Want to  
Build a SnowCAN?**  
*Heery and Tallgrass*



## STUDENT/COMMUNITY TEAMS



**MOST LIFELIKE**  
**Wave Goodbye to Hunger**  
*Francis Marion Intermediate*



**BEST MEAL**  
**CANbow** *Highland Middle School TAG*

Visit [CEDARRAPIDS.CANSTRUCTION.ORG](http://CEDARRAPIDS.CANSTRUCTION.ORG) to learn more about how you can be a part of Corridor Canstruction 2015!



# canstruction® STUDENT/COMMUNITY TEAMS

IOWA CORRIDOR

## 2014 results



**BEST IN SHOW**  
**We CAN Feed 'Minions' of People**  
*North Linn High School Honor Society*



**PEOPLE'S CHOICE AND MOST CREATIVE**  
**Hunger is No Game**  
*Prairie Elementary TAG*



**STRUCTURAL INGENUITY**  
**Minecraft CAN Biome**  
*South East Junior High, sponsored by Rohrbach Associates*



**BEST USE OF LABELS**  
**#iCANSelfie** *Solon 8th Grade*



**BEST THEME**  
**CAN Boot Camp: Give Hunger the Boot**  
*North Central Junior High*

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