CANstruction Food Drive

November 11-22, 2019

Support the FHS pantry and Fraser Good Fellows!

Class Competition Rules:

NHS students will be teaming up with faculty members and coaches to collect non-perishable food items for the Fraser Good Fellows and Fraser High School Pantry. All non-perishable food items will be accepted. Items must have an expiration date of January 2020 or later. Please, NO EXPIRED ITEMS. Monetary donations are also acceptable ($1= 1 item)

Number of items collected	*50 pts*	*50 pts awarded for the most; 49 to second; 48 to third; etc*
High Demand items collected	*2 pts*	*2 additional points for each high demand item donated*
NO EXPIRED ITEMS	*1 pt*	*1 point will be deducted for items expiring in 2019 or earlier* *1 point will be deducted for items without exp dates*

High Demand Categories

Mac & Cheese	Peanut Butter/Jelly	Juice Boxes
Cereals	Fruits and Vegetables	Canned Potatoes
Pasta Noodles	Tuna	Rice
Pasta Sauces	Chicken	Turkey Gravy
Soups	Ramen Noodles	Ketchup

1st Place Class or Team- holiday party and a trophy; Teacher will earn an I-eat Café or Fraser Grill Certificate. 2nd and 3rd Place Class or Team- Holiday treats plus a trophy

* All NHS students will earn one hour of service per 25 cans/donated items

CANstruction is sponsored by the Fraser High School National Honor Society