

# ICF (Insulated Concrete Form) Construction VS. CMU Block

Is it better to build it right the first time?? You be the judge.....

(Here is a side-by-side visual comparison!!)

ICFpros.com



**Standing Proud After Katrina**

Homeowners: Scott & Caroline Sundberg



CMU-BLOCK WALLS

**ICF home still standing after a 32-foot storm-surge & 130+ mph max-sustained winds!**



**CMU (Concrete block) home, steel-reinforced with concrete filled-cells...**

For more info on better building technologies visit: [www.icfpros.com](http://www.icfpros.com)

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