

# Nurse Anesthesia Cook Off for Lifebox Guide



## Introducing the Nurse Anesthesia Cook Off for Lifebox!

The Nurse Anesthesia Cook Off for Lifebox is a fun and exciting way to support safe anesthesia practices around the world while building a team and connecting with the community, local businesses, and your fellow anesthesia colleagues!

Nurse Anesthesia programs will host a cook off with food from around the world and raise funds for Lifebox through ticket sales, entry fees, raffles and auctions, sponsorships, and donations.

This guide provides an overview of Lifebox, the Nurse Anesthesia Cook Off, and how to run your event.

Between now and the end of August 2024,  
**we have set a goal to raise at least \$10,000.**

We're here to support you with every step of the way!

**Your contact at Lifebox for the Cook Off is Alissa Cecala.**

You can reach Alissa at [alissa.cecala@lifebox.org](mailto:alissa.cecala@lifebox.org) with any questions.



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## Introduction to Lifebox

Lifebox was founded to tackle the global crisis of unsafe surgery

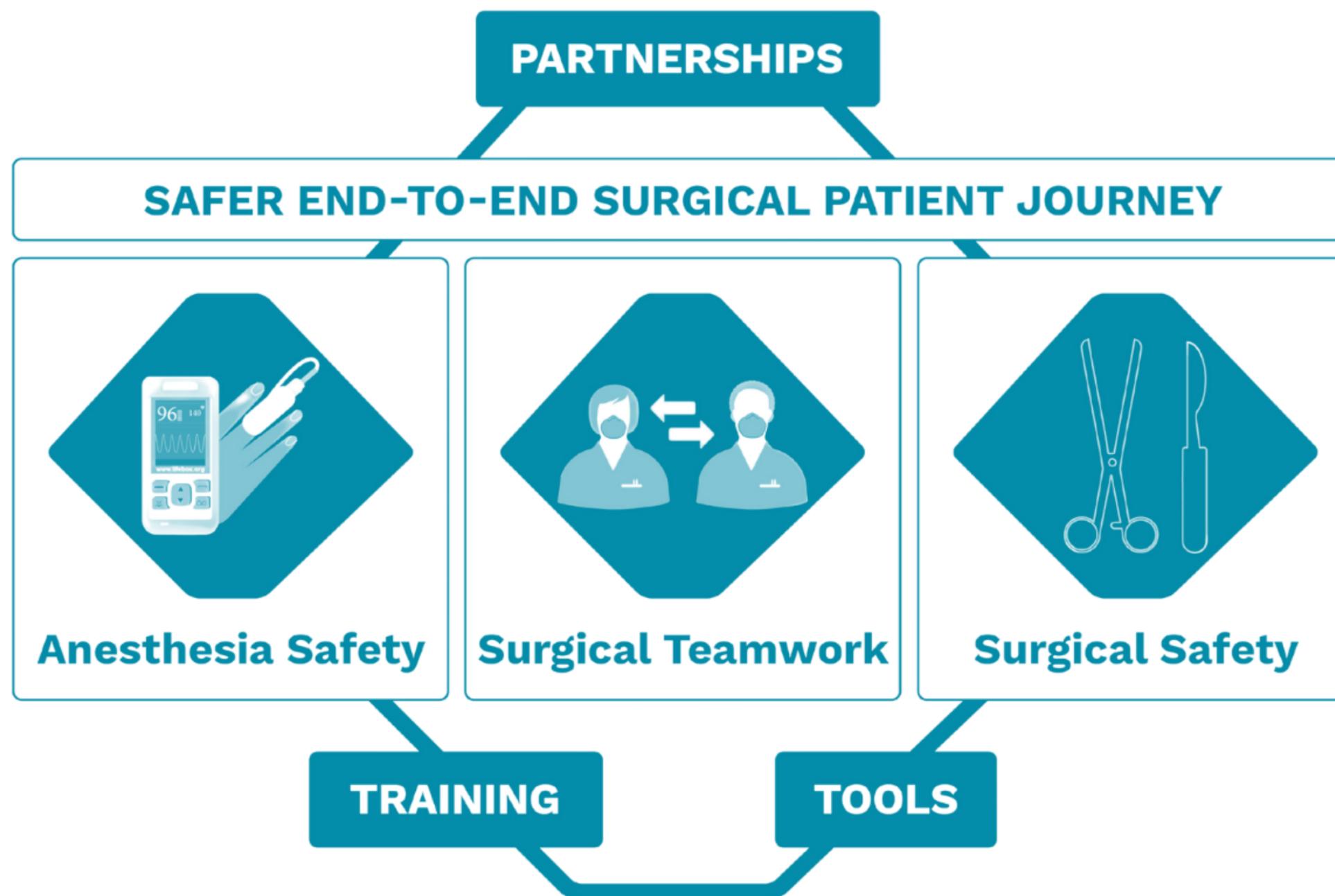
One third of human disease requires surgical treatment. Surgical care can treat conditions, from a lifesaving cesarean section or cancer treatment, to injury and infection.

**5 OUT OF 7  
PEOPLE**  
LACK TRUE ACCESS  
TO SAFE SURGERY

**4 MILLION DIE  
ANNUALLY**  
FROM COMPLICATIONS  
ARISING FROM SURGERY

**HALF OF  
THESE DEATHS**  
ARE PREVENTABLE

We concentrate on three core areas to make surgery safer:



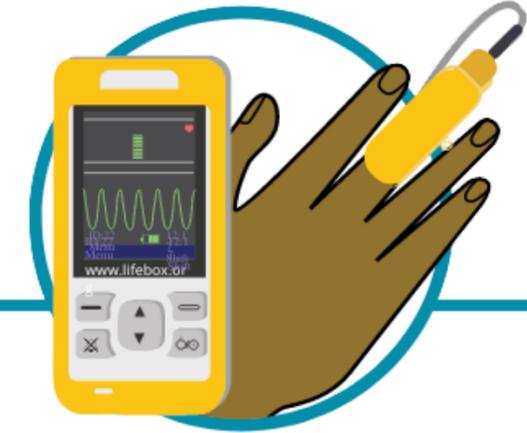
Since 2011, Lifebox has...



Worked  
in over  
**116**  
countries



Trained more  
than  
**12,000**  
healthcare  
providers



Made surgery  
safer for  
**181 million**  
patients

## Purpose the Nurse Anesthesia Cook Off

The Nurse Anesthesia Cook Off Competition for Lifebox is a peer-to-peer fundraiser that brings together healthcare providers, nurse anesthesia students, local businesses and communities to raise funds for Lifebox's safe anesthesia programs, including distributing Lifebox-Smile Train pulse oximeters.

A pulse oximeter is the only piece of equipment included on the WHO Surgical Safety Checklist and is a minimum standard for safe anesthesia. Yet operating rooms across the world still lack this essential device – putting millions of lives at risk. Lifebox works to address this gap - distributing oximeters alongside training. So far Lifebox has distributed over 34,000 pulse oximeters.

In addition to pulse oximetry, Lifebox is launching, in partnership with Smile Train, a low-cost, reliable capnograph that meets robust specifications for the monitoring of pediatric patients in low-resource settings, bridging a major gap in anesthesia safety.





## Why host a Nurse Anesthesia Cook Off for Lifebox?

- Raising funds for Lifebox gives students the opportunity to contribute to safe and accessible healthcare around the world!
- It's a fun bonding activity that brings programs together.
- Spreads awareness of the nurse anesthetist profession.
- Improves students' teamwork and collaboration skills.
- Positions students for charitable outreach through their careers.

## The Competition

Let's see which Nurse Anesthesia program can raise the most money! All events running between now and the end of August 2024 will be up against each other to raise as many funds as possible.

# How to organize your Cook Off

You can run the event in any way that works for your program, but here are some ideas:

## 1. Set a date/time

- Consider school breaks, events, and holidays – try to steer clear of all three
- Three hours is the ideal time frame, but allow extra time for clean up

## 2. Securing a location

- You can host your event wherever you would like!
- Breweries attract attendees, but this may not be ideal for every program
- Choose a location that can accommodate your attendees and the chili set up. It is great to have a TV or projector to display information about Lifebox.



# How to organize your Cook Off

## 3. How to raise money

- Charge a fee for competing
- Charge an entrance fee
- Share information about Lifebox leading up to and during the event to leverage donations
- Host a raffle and/or auction
- Seek sponsorships from local businesses



## How to organize your Cook Off

### 4. Getting sponsors

- Choose sponsors that have a connection to anesthesia and surgery!
- Connect with local businesses and offer to help promote their business.
- Ask friends/family about possible connections that could help sponsor. You never know who other people may know!
- It's typically most effective to call or go in person to businesses rather than emailing them.
- [This template](#) can be used as a form for potential sponsors.
- [This template](#) can be used to request sponsorships/raffles over the phone.
- These templates are just suggestions. You can set up sponsorship levels any way you see fit!



## How to organize your Cook Off

### 5. Getting raffle and auction items

- Try doing two raffles: small prizes and large prizes. Small prizes are items like snack baskets with the larger prizes gifts such as spa treatment certificates.
- Auction items can be high value like a vacation getaway or event tickets.
- To get prizes, enlist your classmates! A lot of them may have connections to businesses that might be willing to donate a raffle basket or a large prize “experience”.
- Like getting sponsors, it’s most effective to call businesses or go in person.
- Offering two free raffle tickets upon entry to the event encourages more participation
- The sponsorship templates can also be used for raffle items



# How to organize your Cook Off

## 6. The Cook Off itself

### Entrees:

- Try and get family members, friends, or staff to enter for the cook off
- Secure a donor to sponsor a team to make a dish - it's a great way to raise more money
- We recommend aiming for at least seven teams

### Judging:

- Ballot systems work great
- Have everyone that paid to be part of the event get a ballot and choose their favorite dish (and possible other categories such as spiciest dish, best name, most creative, etc)

### Awards:

- Certificates for 1st-3rd place contestants
- Could also offer food baskets, gift cards, or other prizes



# How to organize your Cook Off

## 7. Marketing

- Social media
- Flyers
- Emails
- Put flyers up in the break rooms at the clinical sites as well.
- Share the [link to the Lifebox mailing list](#) for people to sign up for updates



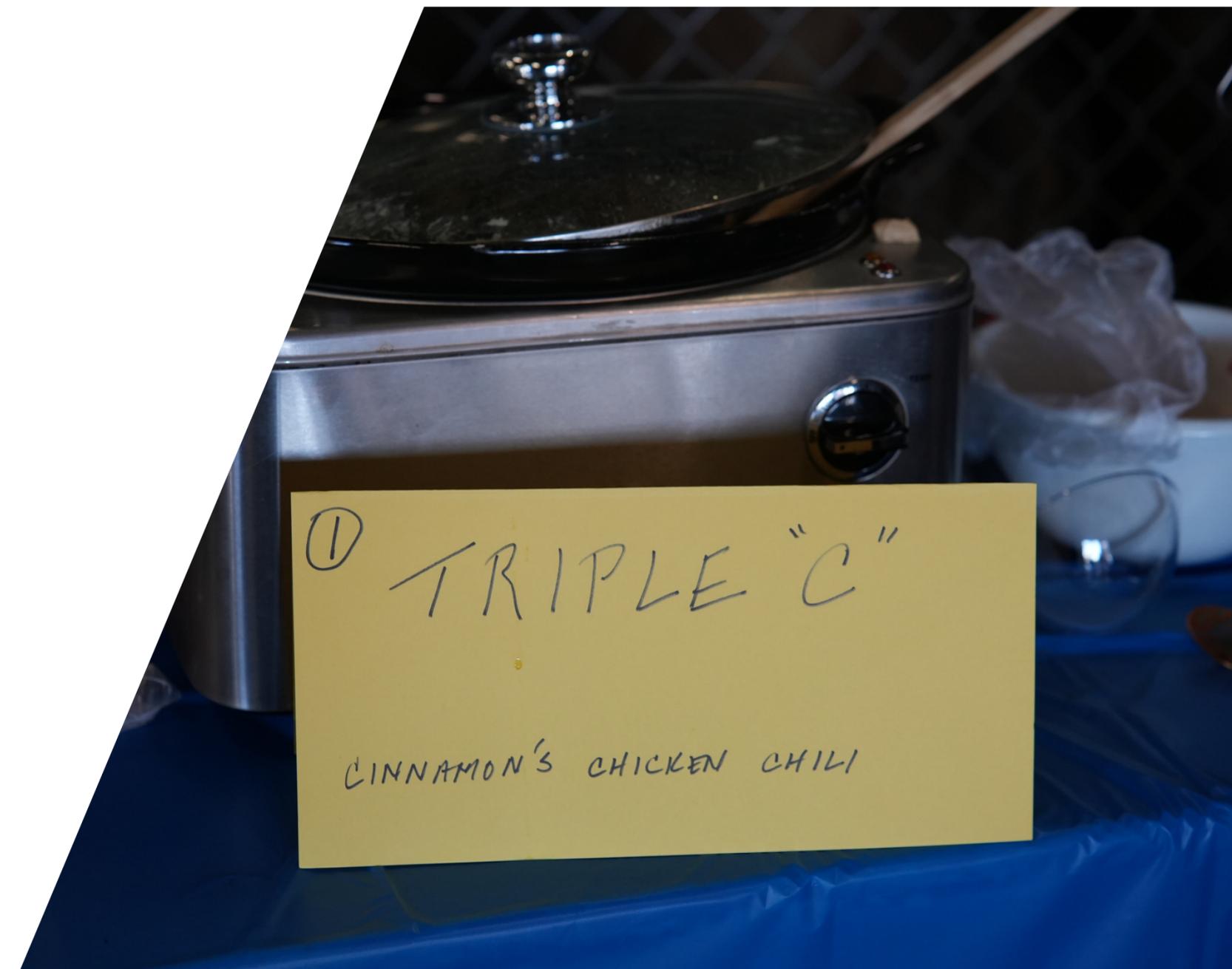
# How to organize your Cook Off

## 8. Day of set up

- Work with the venue to plan set up ahead of time
- Keep the entrance table separate from the food and raffle to keep everyone spread out

## 9. Post Event

- Thank all of your donors and supporters for their generosity!  
[This template](#) can help you get started!
- Evaluate your event so your program can produce an even better event next year and share any tips with Lifebox!



## Helpful resources

- [Lifebox Flyer](#)
- [Slideshow](#)
- [About Lifebox - Video](#)
- [Lifebox Brand Guidelines](#)
- [Lifebox Pulse Oximeter Report](#)
- [Lifebox 2022 Annual Report](#)

## FAQ

### **Can those that donate auction items receive tax-deduction?**

We can provide a letter with our 501(c)(3) information thanking the donor for their donated item(s), but whether or not it will be tax-deductible will be up to the donor, their accountant, and the IRS.

### **What do I do with checks?**

If someone wants to donate by check, that's great, we can handle checks! Please do the following: Send Alissa ([alissa.cecala@lifebox.org](mailto:alissa.cecala@lifebox.org)) a short email with Program name, Contact person, number of checks, name on the check, and amount. Alissa will respond with the best address to send the check to.

### **What if people give me cash?**

Please convert all cash received to credit card donations, money orders, or checks. Please contact Alissa Cecala. She will provide an address for you send the money order or check with the donor's name and donation amount to.

### **Should kids be charged admission?**

This is up to you, but you might want to consider allowing children under 12 free entry.

## Contact Information

Lifebox contact:

Alissa Cecala

Individual Giving Officer

[alissa.cecala@lifebox.org](mailto:alissa.cecala@lifebox.org)