

## 5 Easy Steps for Universities

Ready to get started with CRS Rice Bowl? These simple steps will help you plan a meaningful Lent for your campus community.

1. **Place your order** for free CRS Rice Bowls, Lenten calendars and posters at least three weeks before Lent. You can order online at [crsricebowl.org/order](https://crsricebowl.org/order) or call 800-222-0025. Find prayers and resources specifically for universities—including a prayer and action guide about global hunger—to integrate CRS Rice Bowl into your campus activities at [crsricebowl.org/universities](https://crsricebowl.org/universities).
2. **Spread the word**—CRS Rice Bowl will be a part of your university’s Lenten journey! Hang this year’s CRS Rice Bowl poster in prominent places around campus and include our ready-made announcements in your communications to students. Consider creating a [CRS Rice Bowl Community Giving](#) page for students to keep track of your community’s goal.
3. **Distribute CRS Rice Bowls** on Ash Wednesday during a prayer service or at Mass. Make sure each student gets one! Integrate the “Prayer Service to Begin Lent” resource into your community’s CRS Rice Bowl kickoff.
4. **Make CRS Rice Bowl materials part of your school’s Lenten journey.** Use our videos, stories and prayers to add richness to your community’s Lenten journey. Materials can be used at chapter meetings, Lenten prayer services and other events. We also have meatless recipes for making Fridays a time for solidarity!
5. **Plan a meaningful ritual and collect CRS Rice Bowls at the end of Lent.** The “Prayer Service to End Lent” resource will help your community conclude this holy season. Announce details in newsletters, on your community’s social media pages, in announcements and by hanging the CRS Rice Bowl collection poster you will receive midway through Lent.

Send your community’s Lenten sacrifices—be sure to specify CRS Rice Bowl on the memo line of your check—to your diocese, or directly to CRS at [crsricebowl.org/give](https://crsricebowl.org/give) or:

Catholic Relief Services  
CRS Rice Bowl  
PO Box 5200  
Harlan, IA 51593-0700

Remember to thank your campus community and let them know the impact their gift will have on our global family!