
PART II: CALL TO ACTION **SPEAK UP. PROMOTE. PROTEST. PERSIST.**

5. PROMOTE

This action and guide is entirely geared towards adults. Time to spread the word with your likes, clicks and dollars. It's about promoting BIPOC businesses and using your money to make a statement of support.

First, read "How to Financially Support Black Lives Matter if You Can't Donate Money."

If you do have some money, read about buying Black. This older article offers a few solid reasons why, while this explains how the system is set up against Black businesses.

Four Black entrepreneurs discuss how to support Black-owned businesses. On a national level, Beyoncé just launched a directory for Black owned businesses.

Here are some local ways to buy Black:

- Restaurants are listed here, while this handy directory by I Love Black Food features a map.
- BIPOC Coffee: Elevated, Arrow, Eleven and Bison
- Farm Fresh Veggies: Check out Black Futures Farm, and Mudbone Grown to support Black agriculture, Black Food Sovereignty Coalition (BFSC) to stabilize food infrastructure in the PNW for marginalized communities, and Milk Run is a Black owned delivery service.

- General Black owned businesses are listed here at BlackPDX and here on the Mercatus list.

Now, settle in and start cruising the 'gram. The hashtag #supportBlackbusiness will help you find even more businesses to support, while following one of these 14 amazing Black women on Instagram will leave you motivated and inspired.

Local BIPOC non-profit and advocacy community:

@blmpdx, @dontshootpdx, @paalf_advocacy, @blackresiliencefund, @naacppdx, @ulpdx, @kairospdx, @uniteoregon, unitedwaypdx, blackunitedfundor, @blackunitedfundor, @colorcoalition, @partnersindiversity, @bpipdx, @beamorg, @impact_nw, @ywcapdx, @the_ocf, @allhandsraised, @browngirlrise, @beyondblack @smrycpdx, @blm.pdx.events, @teressarailford, @commissionerhardesty, @cameronwhitten to start...

Local activism: @carenotcops, @snackblocpdx, @nextuporegon, @generationairesistance, @equitablegivingcircle, @rosecityjustice, @freelunchcollective, @pdxequityinaction, @sol_pdx, @portlandactionmedic, @popmobpdx as a start.
