

How to become a CATAPULT KITCHEN INCUBATOR MEMBER

Who is accepted?

We accept members on a rolling basis, subject to kitchen availability.

We seek members who desire to launch and grow their business in our community. It is our goal to incubate sustainable food related business in Lakeland, FL.

What is the cost of membership?

For \$125 per month, members have 24/7 access to the kitchen, storage space, and a co-working membership.

Members can add employees to their membership for an additional \$75 per month.

Steps to Kitchen Membership:

01

Submit an Interest Form

This quick questionnaire allows us to get a snapshot of your business. Catapult staff will reach out to you within two weeks of form submission.

▶▶ [Fill out our interest form here](#)

Attend Boot Camp

Boot Camp is a 1.5 day course designed to assist entrepreneurs in building business infrastructure. Deliverables from this course include a business plan, rolling budget, and breakeven point analysis, among other valuable takeaways.

▶▶ [Read more + sign up for Boot Camp here.](#)

02

Partner with a Mentor

Mentors offer growing businesses guidance and accountability. Catapult will connect mentees with mentors from the Lakeland community. They will meet monthly to review documents completed during Boot Camp.

Mentors play a role in determining when a business is ready to enter the kitchen incubator.

▶▶ [Read more about mentorship here.](#)

03

Obtain Required Documentation

The below items are required to use the kitchen. Click the links to learn more about each:

- ▶▶ [Food Manager's Certification](#)
- ▶▶ [W-9 Form](#)
- ▶▶ [Certificate of Insurance](#)
- ▶▶ [Business Bank Account](#)
- ▶▶ [Employer Identification Number](#)
- ▶▶ [Dept of Agriculture Annual Food Permit](#)
- ▶▶ [Detailed Production Process Breakdown](#)

04

Gain Access to the Kitchen!

Once membership is approved, kitchen incubator members will have:

- 24/7 access to the kitchen
- Discounted rates for courses and workshops
- Co-working membership

Additionally, our kitchen is equipped with:

- Convection ovens
- Induction burners
- Stand mixers
- Assorted smallwares
- Cold, frozen, and dry storage

05

We are excited about your interest!
Contact Maggie at (863) 940-9660 or at
kitchen@catapultlakeland.com