



Prepped empowers food entrepreneurs, particularly individuals who identify as women and underrepresented minorities, with the tools and skills to scale their businesses. If you run an early stage or emerging food business such as catering, food and beverage truck or cart, or farmers market products such as baked goods, Prepped is here to provide you free immersive training in the business skills you need to succeed.

Prepped provides training from ASU experts and successful food entrepreneurs on topics such as:

- Food handling.
- Certification preparation.
- Business planning, including food costing.
- Social media and marketing planning.
- Food writing and more.

Our [Prepped](#) food entrepreneurs are available for catering ASU and external events. By hiring a Prepped entrepreneur, you will not only enjoy delicious food and excellent service, but also help local businesses thrive.

For questions about the Prepped program, please contact: entrepreneurship@asu.edu

Companies available for hire

Cafe Emporos

Ruben Trujillo is the founder of Cafe Emporos, a company that specializes in personalized coffee and tea gifts. The business began as a small side project while he juggled his full-time job and other responsibilities, but after losing his job in 2020, Ruben was able to focus more on growing the company through social media. Cafe Emporos found success on TikTok after going viral multiple times. Cafe Emporos is the perfect way to add a personal touch to your next event. Whether you're looking for a unique corporate gift or a fun party favor, their customizable coffeograms/teagrams are sure to impress. Each coffeogram includes your choice of photo or logo, along with a personalized message. With Cafe Emporos, you can be sure your guests will always remember your event!

ruben@cafeemporos.com

<https://cafeemporos.com>

<https://www.facebook.com/cafeemporos/>

<https://www.instagram.com/cafeemporos/>

<https://www.tiktok.com/@cafeemporos?lang=en>

Chef Krystal Fitness

Specializing in catering mouthwatering vegan dishes from around the world and scrumptious vegan cookies, donuts, and cakes that will satisfy any sweet tooth. Health focused and intentional about showing our love through our food, service, while sharing that amazing food can be compassionate, delicious, and good for you.

info@chefkrystal.com

<http://www.chefkrystal.com/>

[443-342-4335](tel:443-342-4335)

Flavour Goddess

Handmade wine jellies.

chanta@flavourgoddess.com

<https://flavourgoddess.wixsite.com/flavourgoddess>

[602-776-8464](tel:602-776-8464)

https://www.instagram.com/flavour_goddess/?hl=en

Ni De Aqui Ni De Alla

Modern Mexican Food Trailer and catering.

lorenzosantillan@gmail.com

<https://www.facebook.com/ndandaAZ>

https://www.instagram.com/ndanda_az

<https://twitter.com/LorenzosDream>
[602-643-6540](tel:602-643-6540)

Phoenix Coqui

Looking to bring the authentic flavors of Puerto Rico to the desert, Juan and Alexis launched Phoenix Coqui in the summer of 2017 after completing the ASU Prepped program. They were the first Puerto Rican food truck in Arizona and have become the most recognized name for Caribbean food in the valley. This year, they have expanded into their very first brick-and-mortar. They offer a variety of catering options including pick-up, delivery, full-service, and food truck catering. Their authentic Puerto Rican dishes include gluten-free, vegan, and vegetarian options.

hello@phoenixcoqui.com

<http://phoenixcoqui.com>

[602-206-7520](tel:602-206-7520)

<https://www.facebook.com/phoenixcoqui/>

<https://www.instagram.com/phoenixcoqui/?hl=en>

<https://twitter.com/phoenixcoqui?lang=en>

Pura Vida Grinds

Imported Costa Rican mobile coffee and beverage cart available for events and private parties..

Lobo@Pvgrinds.com

<http://www.pvgrinds.com/>

<https://www.facebook.com/puravidagrinds/>

<https://www.instagram.com/puravidagrinds/?hl=en>

[480-648-6408](tel:480-648-6408)

Santi's Catering

Santi's Catering is a full-service catering company, committed to providing the utmost service, using the best ingredients. They have been serving throughout the Valley for over 6 years, serving any type of event from weddings, corporate events, lunch meetings, holiday parties, and more. Santi's Catering recognizes that every event is unique, special, and important, and is committed to working with our client's style, theme, and budget.

catering@santiscatering.com

<https://santiscatering.com/>

[602-538-9863](tel:602-538-9863)

<https://www.facebook.com/SantisCateringSC/>

<https://www.instagram.com/santiscatering/?hl=en>

https://twitter.com/santis_catering

Tukee's Tamales

Authentic cultural Mexican Food. From Mole Poblano to Flan, our customers say they can 'taste the love' in our food.

tukeestamales@gmail.com

<https://tukeestamales.com/>

602-359-0573

<https://www.facebook.com/tukeestamales/>

<https://www.instagram.com/tukeestamales/?hl=en>

Leyva's Tacos

Roger Leyva & Stephanie Holguin, husband and wife, started their business adventure in 2017. Roger learned his craft from his Dad, Ramiro Leyva, who did taco catering in California for over 16 years. Roger was just 6 years old when he would go with his dad and help him, shadow him, and serve at events once he was older. It's something that Roger really enjoyed doing, and when they moved to Arizona in 2005, he continued with catering but just as a hobby for friends and family. In 2017, Roger and Stephanie took his hobby and turned it into a catering business, which has grown into a food truck and more taco stands over the last 5 years. Leyva's Tacos is a family-owned and operated business based in the city of Buckeye that offers some of the most delicious street tacos with various meat options. They cater all over the Valley and attend various events with their food truck.

contact@leyvastacos.com

<https://leyvastacos.com/company>

602-882-5276

<https://www.facebook.com/leyvastacosllc>

<https://www.instagram.com/leyvastacos/?hl=en>

Luana's Coffee Yard

Luana's Coffee Yard is a mobile coffee shop, serving local roasted coffee, lattes, tea, lemonade and many more drink specialties!

<https://www.luanascoffee.com/>

Luanascoffee@gmail.com

623-341-6940

<https://www.facebook.com/luanascoffeeyard/>

Raul's Cocina

Raul's Cocina is family owned and operated. Our homebase is at Uptown Farmer's Market in Central Phoenix. You can catch us there on Wed/Sat. We specialize in vegan tamales, posole, horchata and jamaica. Call us for your vegan needs!

asalazar@raulscocina.com

<https://raulscocina.com/>

[623-341-1521](tel:623-341-1521)

<https://www.facebook.com/raulscocina/>

<https://www.instagram.com/raulscocina/?hl=en>

Sonoran Taco Grill

Sonoran Taco Grill is a family-owned and operated local catering company, specializing in street tacos, Sonoran hot dogs, burritos, and more. Operating since 2014, they cater events of all sizes throughout the Greater Phoenix area. At Sonoran Taco Grill, everything is prepared fresh and from scratch – their food looks good, but tastes even better!

sonorantacogrill@outlook.com

[\(602\)-475-2867/\(602\)-413-1569](tel:(602)-475-2867/(602)-413-1569)

<https://www.facebook.com/sonorantacogrill/>

<https://www.instagram.com/sonorantacogrill/>

Sugarloaf Lane Bakery LLC

Sugarloaf Lane Bakery is an all vegan family-run business that also offers gluten-friendly pastries. We specialize in wholesale baking and catering. Our goods can be found all around the valley. We are a small business with big goals to revolutionize the concept of "vegan pastries" all over the United States but first in Arizona.

sugarloaflanebakery@gmail.com

<https://sugarloaf-lane.square.site/>

[657-378-5284](tel:657-378-5284)

<https://www.facebook.com/sugarloaflanebakery/>

<https://www.instagram.com/sugarloaflanebakery/?hl=en>

Taco Machin LLC

Taco Machin specializes in authentic Sonoran Grilling. Our roots derive from Sonora, Zacatecas, and Arizona. Taste the real flavors of this Region. From Mesquite grilled Steak, to our Crispy and savory Sonoran style hot dogs. Hand crafted "Aguas Frescas/Fresh fruit juices" Authenticity and full flavor is our mission. Small family business, full Dining Experience!

tmandcatering@gmail.com

<https://taco-machin-llc.square.site/>

[480-980-9234](tel:480-980-9234)

Cantaguas LLC

Cantaguas founder, Irene Gonzalez and Elva Covarrubias, we are two Latina women who advocate for healthy beverages access in our community. Our Aguas Frescas are handcrafted by blending natural ingredients and fresh water to design drinks that are guaranteed to provide a healthy and nutritious balanced beverage for your happiness! Cantaguas takes advantage of seasonal fruits, vegetables, spices, herbs and even edible flowers available at local farmer's markets and produce shops. Many of the recipes we use have been handed down from mother to daughter, and we add our own modern twist to them by creating drinks that are amazing and unexpectedly wonderful combinations.

[602-303-8571](tel:602-303-8571) / [626-478-6482](tel:626-478-6482)

cantaguasphx@gmail.com

<https://www.instagram.com/cantaguas/?hl=en>

Flyin' K BBQ

Flyin' K BBQ specializes in slow wood smoked BBQ with an Arizona flair. All entrees are made from scratch focusing on traditional savory BBQ flavors enhanced with local spices and ingredients.

flyinkbbq@gmail.com

<https://www.flyinkbbq.com/>

[480-433-3209](tel:480-433-3209)

<https://www.facebook.com/Flyinkbbq/>

<https://twitter.com/flyinkbbq>

https://www.instagram.com/flyin_k_bbq/

Eb's Delites

Provide custom cakes and desserts that are guaranteed to be a delight in every bite.

ebdelites@gmail.com

<https://www.ebsdelites.com/>

[626-298-3092](tel:626-298-3092)

<https://www.facebook.com/EbsDelitesBakedGoods/>

<https://www.instagram.com/ebdelites/?hl=en>

Sana Sana Foods

Sana Sana, is a plant-based movement aimed at healing our community from diseases like diabetes and hypertension through Plant Based Ancestral Foods. We focus on integrating ancestral foods from North & South America into delicious and healthy dishes. We offer class/workshops, cooking demos, catering and a food trailer.

Maria@SanaSanaFoods.com

<https://www.sanasanafoods.com/>

[604-405-1044](tel:604-405-1044)

<https://www.facebook.com/Sanasanafoods>

<https://www.instagram.com/sanasanafoods/?hl=en>

<https://twitter.com/sanasanafoods>

Hunger-Bomb Cookies

Tanya's baking journey started as a little girl in a small kitchen in Clinton, Ohio. Her father's sweet tooth forced Tanya and her mother to hide whatever treats they had in crazy places (sometimes even in the dishwasher!) so he would still eat his dinner. Her dad, Chuck, was always delighted with her creations, and a baker's heart was born! Her love for baking developed into an interest in nutrition and wellness, and Tanya became a dietitian at the University of Akon. It was through her work as a corporate dietitian that the idea for "Hunger-Bombs" was born. Appalled at the unhealthy ingredients in typical desserts, Tanya decided that instead of giving up cookies, she would create one with great taste, and one that is nutritious as well! After months of perfecting the recipe, she finally made it; a cookie that fills you up, satisfies your sweet tooth, and doesn't spike your blood sugar! She focuses on low-sugar, high fiber, and protein cookies and bars. There are a variety of healthy options available, including non-gluten, plant-based, and zero sugar/keto varieties.

Info@HungerBombCookies.com

<https://hungerbombcookies.com/>

[480-323-0718](tel:480-323-0718)

Bee's Sweets

Bee's Sweets is a gluten-free and allergy friendly bakery that specializes in dessert tables for your next event! Whether you want cupcakes, cookies, mini cheesecakes & mini pies, Bee has you covered! We believe in quality ingredients and that almost all things are better mini. :)

<https://beessweets.com/>

[480-241-8275](tel:480-241-8275)

bees.sweets.orders@gmail.com

[https://www.facebook.com/people/Bees-](https://www.facebook.com/people/Bees-Sweets/100063985396328/?ref=py_c&_xts__[0]=3)

[Sweets/100063985396328/?ref=py_c&_xts__\[0\]=3](https://www.facebook.com/people/Bees-Sweets/100063985396328/?ref=py_c&_xts__[0]=3)

https://www.instagram.com/beesweets_az/?hl=en

Wok This Way, LLC

Wok this Way, LLC is Arizona's First Green Certified Food Truck with a Cause. We offer Vegan/Vegetarian Asian Wok style menu while empowering through employment special needs individuals. We recently become Kosher ready. Let us cater your next

party!

kris@wokthisway.today

<https://www.wokthisway.today/>

[602-689-5040](tel:602-689-5040)

<https://www.facebook.com/wokthisway.today/>

<https://www.instagram.com/wokthisway.today/>

<https://twitter.com/wokthiswaytoday>

Churro GoNUTZ

Churro GoNUTZ provides a fun and exciting dessert that will take your guests back to their childhood! We offer made to order Churro Donuts & Churro Fries with hand crafted Ice Cream flavors and various fun toppings such as Oreo Crumble, Fruity Pebbles, & many more!! We are a Veteran owned business and we take pride in making each guest feel at home while offering a dessert that brings out the kid in you! Book us today!

churrogonutz@gmail.com

<https://www.churrogonutz.com/>

<https://www.facebook.com/churrogonutz/>

<https://www.instagram.com/churrogonutz/?hl=en>

Magic Kitchen Indonesian Cuisine

Magic Kitchen is a catering service specializing in Indonesian cuisine. We use fresh and best quality ingredients, following & perfecting our family recipes. We also have a great selection of vegetarian and/or vegan menu. No event is too big or too small for us.

ordermagickitchen@gmail.com

<https://ordermagickitchen.square.site/>

[480-452-5740](tel:480-452-5740)

<https://www.facebook.com/OrderMagicKitchen>

<https://www.instagram.com/ordermagickitchen/?hl=en>

Ohemaa Afro Fusion Cuisine

Ohemaa Afro Fusion Cuisine is a catering service that combines elements of African cuisine with elements of Asian, Soul Food, Caribbean, and Mexican cuisines, to name a few. We were established by a first-generation Ghanaian-American, who felt that people were missing out on the delicious flavors of African cuisine due to a lack of mainstream exposure within the Phoenix Metropolitan area. Ohemaa serves the community by providing the perfect opportunity for people who are unfamiliar with African cuisine to gain some exposure to it through the combination of cuisines that are more familiar and more mainstream.

ohemaaafrofusion@gmail.com

<https://www.ohemaaafrofusion.com>

[480-238-1551](tel:480-238-1551)

<https://www.instagram.com/ohemaaafrofusion/?hl=en>
<https://www.facebook.com/ohemaaafrofusion/>

So Juicy Cafe LLC

So Juicy Cafe serves up organic plant based fresh juice blends, Smoothies dressed up in goodness! Come check out our new location in Downtown Glendale, in a 1936 historic style old home. Opening 2019. Come have a taste of healthy and delicious, while experience a great environment.

info@sojuicycafe.com

[623-688-4612](tel:623-688-4612)

<https://www.facebook.com/sojuicyaz/>

Windswept Acres LLC

Windswept Acres is a veteran owned family farm and small batch specialty picking company. We use our own produce plus excess produce from small Arizona farmers throughtout the state to make a variety of award winning pickled products such as candied jalapenos, brussels sprouts, asparagus, mean beans and bloody mary mix . All of our products are shelf stable, HACCP based and safety tested at the University of Arizona food safety lab and available for wholesale purchase, and private labeling is available.

naturalOMG@yahoo.com

[928-713-9339](tel:928-713-9339)

<https://www.facebook.com/windsweptacreschino>

<https://www.instagram.com/windsweptacreschino/>

Basima's Sweet Treats

Basima's Sweet Treats is a plant-based bakery specializing in custom cakes and desserts. We offer a variety of delicious treats from our signature mini bundts to our gourmet cookies. You're sure to fill all your sweet tooth needs for any event!

basimasweettreats@gmail.com

<https://basimasweettreats.com/>

[480-788-9282](tel:480-788-9282)

<https://www.facebook.com/basimasweettreats>

<https://www.instagram.com/basimasweettreats/>

Tamales y Tacos Puebla

Tamales y Tacos Puebla is a catering company that is family-owned and operated by Chefs Ricardo & Silvia. Operating since 2012, they specialize in authentic traditional cuisine from the great state of Puebla Mexico, from your

typical guisado to some mouthwatering tamales and tacos Al Pastor. Every single item on our menu is made with love and attention to detail using traditional recipes that have been passed down from generation to generation. Tamales y Tacos Puebla can cater any type of event, specializing in large corporate events and special occasions. No event is too big or too small, from your traditional Taco stand to the most elegant reception.

tamalesytacospuebla@gmail.com

<https://www.tamalesytacospuebla.com/>

[\(602\)308-933](tel:(602)308-933) / [\(480\)868-5080](tel:(480)868-5080)

<https://www.facebook.com/pueblaaz>

<https://www.instagram.com/pueblaaz/>

<https://www.tiktok.com/@pueblaaz>

The Velvet Buttercream

We offer every day cakes for birthdays, anniversaries, weddings, cupcakes, small desserts, cookies and more. We aspire to be your neighborhood bakery.

info@velvetbuttercream.com

<https://www.velvetbuttercream.com/>

[602-734-1408](tel:602-734-1408)

<https://www.facebook.com/TheVelvetButtercream/>

<https://www.instagram.com/velvetbuttercream/>

Something Sweet

Something Sweet specializes in custom desserts for any occasion, specifically custom cakes, cupcakes, and cookies. Located in the East Valley (Tempe) for pick up or we also offer delivery service to surrounding areas.

By Ysela Mena Buzby

www.ordersomethingsweet.com

[602-540-8152](tel:602-540-8152)

ordersomethingsweet@gmail.com

Fluffy Vegans

Fluffy Vegans is here to provide delicious plant based foods. With our ability to "veganize" any dish, our flavors are the life of every party and gathering. We specialize in 3 main areas (Hispanic cuisine, Italian cuisine & American cuisine), but our versatility doesn't end there. Some items include Plant Based Meats, Dairy Free Cheezes, Charcuterie Platters, Baked Goods, Healthy Snacks, Soups, Chili, Salads, Pasta Salads, Dips, Drinks & so much more.

By Kimberly Muro

fluffyvegans@gmail.com

<https://www.fluffyvegans.com/>
480-269-5717

<https://www.facebook.com/FluffyVegans>
<https://www.instagram.com/fluffyvegans/>

Re Di Roma Food Truck & Catering

After 12 years cooking in Rome, Pizzaiolo Oualid has come to Phoenix with his wood-fired pizza oven on wheels! Pizza napoletana, fresh pasta and salad - all handmade from the freshest ingredients. Window service or catering for Weddings, Corporate Events, Parties, Meetings, etc. Customized menus available!

By Kristen and Oualid Ferhati

info@ReDiRoma.com

<https://www.rediroma.com/>
(623) 229-9211

<https://www.facebook.com/rediromaaz>
<https://www.instagram.com/p/CbCED7dMV1G/>

Hot Sauce and Pepper

Tajia and AJ Diggs, the founders of Hot Sauce and Pepper, grew up with the love of soul food on their table. When they became vegan, they immediately began converting grandma's old recipes to vegan recipes and one day decided they cauliflower that even grandma would have loved. When it comes to bringing you authentic vegan food with love, they are THE BEST IN THE WEST! Hot Sauce and Pepper is the home of the cauliflower wings (they conveniently renamed them Caulifyah wings because these wings are FYAHHH), and they are proud to recreate soul food that is healthy, flavorful, made with real ingredients, and most of all, made with love.

Hotsauceandpepper@gmail.com

<https://hotsauceandpepper.square.site/>
602-899-2213

<https://www.instagram.com/hotsaucenpepper/?hl=en>

Dulce Vida Coffee

We are a mobile vegan coffee shop. We offer homemade syrups and creamers made with natural ingredients. We are eco-friendly and strive to spread environmental and health awareness.

By Fina Haler & Nataly Flores

Dulcevidacoffee@gmail.com

480-382-4125

<https://www.dulcevidacoffee.com/>

<https://www.facebook.com/dulcevidacoffee>
<https://www.instagram.com/dulcevidacoffee/>

Rocco's Sweets

We are a 100% vegan owned and operated family business. We specialize in cookies, cupcakes and other sweet treats.

By Rich and Sandy Labbate

orders@roccossweets.com

<https://www.roccossweets.com/>

[480-223-3778](tel:480-223-3778)

<https://www.facebook.com/roccossweets/>

<https://www.instagram.com/roccossweets/?hl=en>

Ms. C's Home-Style

Ms. C's Home-Style offers catering, personal chef services, and meal prep delivery as part of the movement to return to clean, healthy but tasteful cooking.

Their motto "We're Cooking Real Food for Real People" aligns with their business model, which brings together traditional old-school cooking with fresh,

farm-to-table menu items. Ms. C's Home Style brings over 20 years of cooking and catering experience to your party or event. Everybody can eat at Ms. C's,

from meat lovers to plant lovers, just like one would cook at home. More than a catering company, Ms. C's team is part of the communities

pcoleman777@yahoo.com

<https://www.tastemscs.com/>

[602-486-6957](tel:602-486-6957)

<https://www.facebook.com/tastemscs>

https://www.instagram.com/taste_ms_cs/?fbclid=IwAR1V019S9k0eRFtDXX1npmwbyyGiukBO98GFd2k9_d27P7O0C_Z_X4jU8l8