



# Cooking Ingredients and Meals in Cameroon

December 2024

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DISCLAIMER

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Edible Oils in Cameroon

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2024 DEVELOPMENTS

Cost and supply constraints shape edible oil preferences amid inflationary pressures  
Palm oil thrives on affordability and cultural relevance; Olive oil struggles with high costs and limited availability  
Amidst consumer concerns, extra refined palm oil gains popularity

PROSPECTS AND OPPORTUNITIES

Challenges in palm oil in Cameroon: Deficient local production, import quotas, and affordability pressures  
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Convenience, longer shelf life and local flavours drive sales of herbs and spices, while the unappealing profile of liquid fonds diminishes household demand  
Rising preference for stock powders disrupts market, challenging Nestlé’s dominance

PROSPECTS AND OPPORTUNITIES

Health and wellness at the forefront of cooking ingredients as preference for fresh ingredients remains strong  
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