



Cooking Ingredients and Meals in Angola

November 2025

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EXECUTIVE SUMMARY

Street food trends boost sauces and condiments

KEY DATA FINDINGS

INDUSTRY PERFORMANCE

Industry hampered by high unit prices

Edible oils remain the most popular in cooking ingredients and meals

Rising stress levels and fast-paced lifestyles contribute to increase in obesity levels

WHAT'S NEXT?

Steady growth of cooking ingredients and meals over the forecast period

Growing appetite for packaged condiments thanks to urbanisation

Various programmes endeavour to improve distribution across the country

COMPETITIVE LANDSCAPE

Angoalissar - Comércio e Indústria Lda is the leading player thanks to the popularity of its Odemse brand

Unilever registers the strongest growth in 2025 and shapes consumer demand

CHANNELS

Small local grocers dominates cooking ingredients and meals

Convenience stores enjoys the fastest growth

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EDIBLE OILS

Key Data Findings

2025 DEVELOPMENTS

Sales benefit from strong traditional usage

INDUSTRY PERFORMANCE

Consumers remain price sensitive with product choice dependent on affordability and pack size

Palm oil is most popular among lower socioeconomic demographics while its production is boosted by the Kwenda programme

WHAT'S NEXT?

Growing demand for healthier edible oils among the growing middle class over the forecast period

Growing popularity of smaller pack sizes facilitate affordability

Growth in local production lowers unit pricing

COMPETITIVE LANDSCAPE

Angoalissar - Comércio e Indústria Lda retains the lead in edible oils
Palmtop Vegeoil Products Sdn Bhd

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2025 DEVELOPMENTS

Sales soar but interest remains limited to affluent consumers

INDUSTRY PERFORMANCE

Strong growth of meals and soups from a low base
Low popularity of ready meals

WHAT'S NEXT?

Ongoing low popularity of meals and soups over the forecast period
Rising health consciousness influences consumer choices
Low brand loyalty, stronger marketing efforts and greater affordability boost sales

COMPETITIVE LANDSCAPE

Unilever leads with the globally renowned Knorr brand
Unilever achieves the strongest growth with appealing local flavours

CHANNELS

Ongoing dominance of small local grocers
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SAUCES, DIPS AND CONDIMENTS

Key Data Findings

2025 DEVELOPMENTS

Domestic players expand production and attract consumers via lower prices

INDUSTRY PERFORMANCE

Growth of sauces, dips and condiments thanks to the popularity of tomato pastes and purées

Mayonnaise, ketchup and salad dressings remain popular table sauces, while consumers increasingly embrace local flavours

WHAT'S NEXT?

Forecast period sales growth of sauces, dips and condiments

Growing popularity of organic and plant-based sauces, dips and condiments, though demand remains niche

Price, flavours and convenience of usage remain the main selling points of stock cubes

COMPETITIVE LANDSCAPE

Unilever remains the leading player in sauces, dips and condiments

Local brands compete on a cultural and price level

CHANNELS

Small local grocers dominates sales of sauces, dips and condiments

Convenience stores registers the fastest growth from a low base

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Key Data Findings

2025 DEVELOPMENTS

Widening availability boosts sales

INDUSTRY PERFORMANCE

Demand for sweet spreads remains niche and limited to expats due to a lack of usage tradition in the country

Sweet spreads hampered by high level of imports and associated high prices

WHAT'S NEXT?

Positive growth of sweet spreads over the forecast period thanks in the main to the growing demographic of young people

Growing health and wellness trend boosts demand for healthier variants

Regulations support the development of organic production

COMPETITIVE LANDSCAPE

Predilecta Alimentos is the leading company in sweet spreads

Cooperativa Agropecuária, Pesca e Apicultura registers the strongest growth in 2025

CHANNELS

Small local grocers dominates sales of sweet spreads

Convenience stores records the strongest growth in sales of sweet spreads

CATEGORY DATA

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