



# Cooking Ingredients and Meals in Ethiopia

November 2025

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### EXECUTIVE SUMMARY

Inflation causes surge in current value sales but hinders volume growth

### KEY DATA FINDINGS

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Inflation limits growth in retail volume sales

Increase in imports and sales of contraband edible oils

Growing demand for mayonnaise and ketchup

Honey remains dominant in sweet spreads

#### WHAT'S NEXT?

Urbanisation and population expansion will underpin growth

Fewer local consumers will prepare their own condiments at home

Small grocery retailers will continue to dominate distribution

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Most sweet spreads are produced locally

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Increase in imports and contraband products

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An expanding population and urbanisation will underpin growth

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Growing demand for ketchup and mayonnaise

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Easing inflation will support retail volume sales growth

Distribution will widen

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