

Cooking Ingredients and Meals in France

November 2025

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EXECUTIVE SUMMARY

Ongoing price-sensitivity despite lower inflation

KEY DATA FINDINGS

INDUSTRY PERFORMANCE

Cooking ingredients and meals sees steady growth as prices stabilise France updates its Nutri-Score system to help consumers make healthier choices "Made in France" remains a key selling point

WHAT'S NEXT?

Modest growth outlook with consumers likely to remain cautious in their spending Sustainability becoming a growing concern Manufacturers will need to respond to the growing demand for healthier options

COMPETITIVE LANDSCAPE

Unilever leads but many consumers prefer local French brands or private label

Menguy's benefits from increasing popularity of peanut butter while HelloFresh targets higher value customers

CHANNELS

Hypermarkets lead sales with retailers benefiting from the focus on home cooking Convenience stores sees dynamic growth while e-commerce gains share

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Edible Oils in France

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2025 DEVELOPMENTS

Stabilising prices bolster volume but hinder value growth

INDUSTRY PERFORMANCE

Increased price stability boosts volume sales at the expense of value growth Olive oil remains a popular choice with demand rising as prices fall

WHAT'S NEXT?

Sales set for steady growth but climate change could impact the supply chain Blended oils offer health benefits but at a lower price Companies exploring opportunities for locally-produced olive oil

COMPETITIVE LANDSCAPE

Lesieur retains the lead with "Made in France" claims and investment in sustainability CHO Group the standout player in 2025 thanks to new product development

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2025 DEVELOPMENTS

Busy lifestyles drive demand for healthy and sustainable options

INDUSTRY PERFORMANCE

Price drops support volume growth but constrain value growth in meals and soups Meal kits and pizza among the big winners in 2025

WHAT'S NEXT?

Stable outlook for meals and soups with an increasing focus on foreign dishes

Plant-based diets and functional offerings set to drive demand and inform innovation

Vending machines bring new layer of convenience to meals and soups

COMPETITIVE LANDSCAPE

Competition within meals and soups remains fragmented with Sodebo leading

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KEY DATA FINDINGS

2025 DEVELOPMENTS

Younger consumers seeking exotic flavours and healthier options

INDUSTRY PERFORMANCE

Sauces, dips and condiments sees steady growth as prices stabilise Dips and pasta sauces benefit from their versatility

WHAT'S NEXT?

Price stability likely to cap value growth but sales potential remains

French-grown seed could boost mustard sales

Healthy eating trends will continue to inform new product development

COMPETITIVE LANDSCAPE

Unilever leads but competition intensifies with widespread innovation seen in the market Saclà sees dynamic growth as other players focus on new packaging developments

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Sweet Spreads in France

KEY DATA FINDINGS

2025 DEVELOPMENTS

Healthy image of nut and seed based spreads attracts many

INDUSTRY PERFORMANCE

Mixed performances seen within sweet spreads in 2025

Nut and seed based spreads benefiting from healthy and indulgent image

WHAT'S NEXT?

Similar growth patterns predicted for sweet spreads over the forecast period Reducing the sugar content in sweet spreads presents a challenge for the market

Honey producers look to add value to kickstart the category's recovery

COMPETITIVE LANDSCAPE

Nutella remains the king of spreads while jams is a hotbed of flavour innovation Peanut butter a key source of growth and a hotbed of activity

CHANNELS

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E-commerce helps small and large suppliers expand their reach

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