

# Cooking Ingredients and Meals in Canada

November 2025

**Table of Contents** 

## Cooking Ingredients and Meals in Canada

## **EXECUTIVE SUMMARY**

Stable performance linked to immigration-driven population growth

#### **KEY DATA FINDINGS**

## INDUSTRY PERFORMANCE

Changing lifestyles and demographics are reflected in category performance High tariffs prompt local consumers to opt for domestic produce Global flavours gain popularity and innovation follows suit

#### WHAT'S NEXT?

Overall growth predicted for cooking ingredients and meals

Trade tensions will impact retail prices in the coming years

Legislative developments will drive players to improve formulations

## COMPETITIVE LANDSCAPE

Kraft Heinz leads a fragmented industry

Private label growth reflects ongoing price-consciousness

## **CHANNELS**

Supermarkets leads distribution thanks to better resources E-commerce gains ground as local consumers shift online

#### MARKET DATA

- Table 1 Sales of Cooking Ingredients and Meals by Category: Volume 2020-2025
- Table 2 Sales of Cooking Ingredients and Meals by Category: Value 2020-2025
- $\textbf{Table 3 Sales of Cooking Ingredients and Meals by Category: } \% \ \textbf{Volume Growth 2020-2025}$
- Table 4 Sales of Cooking Ingredients and Meals by Category: % Value Growth 2020-2025
- Table 5 NBO Company Shares of Cooking Ingredients and Meals: % Value 2021-2025
- Table 6 LBN Brand Shares of Cooking Ingredients and Meals: % Value 2022-2025
- Table 7 Penetration of Private Label by Category: % Value 2020-2025
- Table 8 Distribution of Cooking Ingredients and Meals by Format: % Value 2020-2025
- Table 9 Forecast Sales of Cooking Ingredients and Meals by Category: Volume 2025-2030
- Table 10 Forecast Sales of Cooking Ingredients and Meals by Category: Value 2025-2030
- Table 11 Forecast Sales of Cooking Ingredients and Meals by Category: % Volume Growth 2025-2030
- Table 12 Forecast Sales of Cooking Ingredients and Meals by Category: % Value Growth 2025-2030

## COUNTRY REPORTS DISCLAIMER

## **SOURCES**

Summary 1 - Research Sources

## Edible Oils in Canada

## **KEY DATA FINDINGS**

# 2025 DEVELOPMENTS

Immigration and price-sensitivity shape demand

## INDUSTRY PERFORMANCE

Volume sales recover as inflation eases, but value sales decline Sunflower oil enjoys growth as price-conscious consumers turn away from olive oil

#### WHAT'S NEXT?

Economic and demographic shifts set to impact growth forecasts

Flavour and ingredient innovation will moderate the impact of health and wellness claims

Premium edible oils to see heightened focus on traceability

## COMPETITIVE LANDSCAPE

Leading players and private label perform well in 2025

Crisco, which remained focused on vegetable oils, lost brand share.

#### **CHANNELS**

E-commerce sees notable share growth, though supermarkets leads sales

Omni-channel approach is increasingly popular in Canada

## **CATEGORY DATA**

Table 13 - Sales of Edible Oils by Category: Volume 2020-2025

Table 14 - Sales of Edible Oils by Category: Value 2020-2025

Table 15 - Sales of Edible Oils by Category: % Volume Growth 2020-2025

Table 16 - Sales of Edible Oils by Category: % Value Growth 2020-2025

Table 17 - NBO Company Shares of Edible Oils: % Value 2021-2025

Table 18 - LBN Brand Shares of Edible Oils: % Value 2022-2025

Table 19 - Distribution of Edible Oils by Format: % Value 2020-2025

Table 20 - Forecast Sales of Edible Oils by Category: Volume 2025-2030

Table 21 - Forecast Sales of Edible Oils by Category: Value 2025-2030

Table 22 - Forecast Sales of Edible Oils by Category: % Volume Growth 2025-2030

Table 23 - Forecast Sales of Edible Oils by Category: % Value Growth 2025-2030

## COUNTRY REPORTS DISCLAIMER

# Meals and Soups in Canada

# KEY DATA FINDINGS

## 2025 DEVELOPMENTS

Players expanding range across all price points, while subscription models gain interest

# INDUSTRY PERFORMANCE

Upward trajectory for meals and soups in 2025

Leading players offer affordable options

Subscription models expand, benefiting meal kits

# WHAT'S NEXT?

Meals and soups set to see positive growth in both value and volume terms

Plant-based options are expected to gain ground

New tariffs set to impact prices and production

# COMPETITIVE LANDSCAPE

Dr Oetker leads meals and soups with a strong presence in frozen pizza

New product development boosts sales for Taylor Fresh Foods

# **CHANNELS**

Discounters increase chilled and frozen shelf space and take share from supermarkets Dynamic growth for e-commerce in 2025

# **CATEGORY DATA**

Table 24 - Sales of Meals and Soups by Category: Volume 2020-2025

- Table 25 Sales of Meals and Soups by Category: Value 2020-2025
- Table 26 Sales of Meals and Soups by Category: % Volume Growth 2020-2025
- Table 27 Sales of Meals and Soups by Category: % Value Growth 2020-2025
- Table 28 Sales of Chilled Ready Meals by Ethnicity: % Value 2020-2025
- Table 29 Sales of Frozen Ready Meals by Ethnicity: % Value 2020-2025
- Table 30 Sales of Soup by Leading Flavours: Rankings 2020-2025
- Table 31 NBO Company Shares of Meals and Soups: % Value 2021-2025
- Table 32 LBN Brand Shares of Meals and Soups: % Value 2022-2025
- Table 33 Distribution of Meals and Soups by Format: % Value 2020-2025
- Table 34 Forecast Sales of Meals and Soups by Category: Volume 2025-2030
- Table 35 Forecast Sales of Meals and Soups by Category: Value 2025-2030
- Table 36 Forecast Sales of Meals and Soups by Category: % Volume Growth 2025-2030
- Table 37 Forecast Sales of Meals and Soups by Category: % Value Growth 2025-2030

## COUNTRY REPORTS DISCLAIMER

## Sauces, Dips and Condiments in Canada

## **KEY DATA FINDINGS**

## 2025 DEVELOPMENTS

Immigration and home cooking trends shape growth

## INDUSTRY PERFORMANCE

Healthy value growth for sales, dips and condiments in 2025 Dips sees notable dynamism, appealing to Gen Z consumers Bold and spicy flavours trending

# WHAT'S NEXT?

Healthy trends and flavour innovation will help boost sales New tariffs are expected to drive up prices of US products New labelling requirements will see brand reformulations

# COMPETITIVE LANDSCAPE

Firms invest in marketing highlight Canadian-made status Aliments Fontainé Sante enjoys dynamic performance

## **CHANNELS**

Supermarkets leads distribution as consumers value convenience E-commerce channels and discounters gain share in retail distribution

# **CATEGORY DATA**

- Table 38 Sales of Sauces, Dips and Condiments by Category: Volume 2020-2025
- Table 39 Sales of Sauces, Dips and Condiments by Category: Value 2020-2025
- Table 40 Sales of Sauces, Dips and Condiments by Category: % Volume Growth 2020-2025
- Table 41 Sales of Sauces, Dips and Condiments by Category: % Value Growth 2020-2025
- Table 42 Sales of Liquid Recipe Sauces by Type: % Value 2020-2025
- Table 43 Sales of Other Sauces and Condiments by Type: Rankings 2020-2025
- Table 44 NBO Company Shares of Sauces, Dips and Condiments: % Value 2021-2025
- Table 45 LBN Brand Shares of Sauces, Dips and Condiments: % Value 2022-2025
- Table 46 Distribution of Sauces, Dips and Condiments by Format: % Value 2020-2025
- Table 47 Forecast Sales of Sauces, Dips and Condiments by Category: Volume 2025-2030
- Table 48 Forecast Sales of Sauces, Dips and Condiments by Category: Value 2025-2030
- Table 49 Forecast Sales of Sauces, Dips and Condiments by Category: % Volume Growth 2025-2030

Table 50 - Forecast Sales of Sauces, Dips and Condiments by Category: % Value Growth 2025-2030

## COUNTRY REPORTS DISCLAIMER

# Sweet Spreads in Canada

## **KEY DATA FINDINGS**

## 2025 DEVELOPMENTS

Inflation and health concerns hinder growth

## INDUSTRY PERFORMANCE

Volume sales see moderate recovery as inflation eases

Honey sees notable dynamism, but chocolate spreads suffers as cocoa prices rise

#### WHAT'S NEXT?

Economic and demographic shifts are expected to limit category growth

Flavour experimentation offers avenues of opportunity

Wellness trends will maintain negative pressure on sweet spreads

## COMPETITIVE LANDSCAPE

Leading players help keep mature segments relevant

Smaller brands aim for niche appeal

## **CHANNELS**

Omni-channel trends continued to boost e-commerce performance

Omni-channel approach benefits sales

# **CATEGORY DATA**

- Table 51 Sales of Sweet Spreads by Category: Volume 2020-2025
- Table 52 Sales of Sweet Spreads by Category: Value 2020-2025
- Table 53 Sales of Sweet Spreads by Category: % Volume Growth 2020-2025
- Table 54 Sales of Sweet Spreads by Category: % Value Growth 2020-2025
- Table 55 Sales of Jams and Preserves by Leading Flavours: Rankings 2020-2025
- Table 56 NBO Company Shares of Sweet Spreads: % Value 2021-2025
- Table 57 LBN Brand Shares of Sweet Spreads: % Value 2022-2025
- Table 58 Distribution of Sweet Spreads by Format: % Value 2020-2025
- Table 59 Forecast Sales of Sweet Spreads by Category: Volume 2025-2030
- Table 60 Forecast Sales of Sweet Spreads by Category: Value 2025-2030
- Table 61 Forecast Sales of Sweet Spreads by Category: % Volume Growth 2025-2030
- Table 62 Forecast Sales of Sweet Spreads by Category: % Value Growth 2025-2030

# COUNTRY REPORTS DISCLAIMER

# About Euromonitor International

Euromonitor International is an independent market intelligence provider. Data, insight and analysis stem from in-the-field research spanning 210 national markets.

Content ranges from the in-depth and country-specific, to key strategic themes with a global range and significance. Products cover a comprehensive range of insights and market data, but can be broadly categorised as:

- Strategy Briefings: Global or regional in scope, and focusing on the most important themes shaping consumer demand, the key markets, competitive environment and future outlook across a range of industries.
- · Company Profiles: Analysis dedicated to the world's most significant companies, with detailed insight into their activities, focus

- of operations, their competitors, their geographic presence and performance.
- Country Reports: For an in-depth understanding of specific countries, whether by industry, economic metrics or consumer trends and lifestyles. These reports cover current trends, consumer demand, market potential and future prospects, with country-specific local insight and comprehensive data, unavailable elsewhere.

For more information on this report, further enquiries can be directed via this link www.euromonitor.com/cooking-ingredients-and-meals-incanada/report.