



Cooking Ingredients and Meals in Sri Lanka

December 2025

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EXECUTIVE SUMMARY

Steady demand for essentials despite high price sensitivity

KEY DATA FINDINGS

INDUSTRY PERFORMANCE

Consumers endeavour to strike a balance between affordability and comfort

Growing health consciousness boosts interest in natural formulas and health and wellness products

Desire to make costs savings boosts the popularity of private label and influences choice of pack sizes

WHAT'S NEXT?

Moderate growth of cooking ingredients and meals over the forecast period

Industry players focus on price effectiveness, regional expansion and targeted marketing

Evolving distribution boosts modern grocery retailers and retail e-commerce though small local grocers remains vital

COMPETITIVE LANDSCAPE

Pyramid Wilmar Pvt Ltd leads in cooking ingredients and meals with its Fortune brand of edible oil

Edinburgh Products (Pvt) Ltd achieves the fastest growth

CHANNELS

Small local grocers dominates the distribution of cooking ingredients and meals

Retail e-commerce experiences dynamic growth as consumers appreciate the convenience

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Chart 2 - Cooking Ingredients and Meals: Supermarket

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Key Data Findings

2025 Developments

Consumer price sensitivity boosts the popularity of less expensive substitutes

Industry Performance

Many global and local players in a variety of industries are dependent on local palm oil production

Coconut oil and olive oil are valued for their associated healthy qualities, while most consumers prioritise price

What's Next?

Forecast period sales growth of edible oils as price sensitivity alleviates somewhat

The health and wellness trend stimulates demand for better for you edible oils

Growing importance of innovation and sustainability

Competitive Landscape

Pyramid Wilmar Pvt Ltd retains the lead with its Fortune brand

In addition to Pyramid Wilmar Pvt Ltd, Sunshine Holdings records strong growth Channels

Small local grocers retains the outright lead in the distribution of edible oils

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2025 Developments

Price sensitivity dampens sales of meals and soups

Industry Performance

Meals and soups faces several barriers to wider adoption

Dry soup remains by far the more popular category with frozen pizza growing from a highly niche base

What's Next?

Improving economic scenario boosts demand for convenience as consumer confidence improves

Product innovation is influenced by health and wellness factors

Industry increasingly characterised by technologically and sustainability

Competitive Landscape

Ceylon Biscuits retains the lead in meals and soups

Among "others" Keells is becoming a more important player

Channels

Small local grocers leads in the distribution of meals and soups

Retail e-commerce records the fastest growth in 2025

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Consumer price sensitivity shapes the category in 2025

Industry Performance

The essential nature of sauces, dips and condiments boosts category sales

The nature of Sri Lankan cuisine benefits dry recipe sauces

What's Next?

Moderate forecast period sales with potential for specialised flavour profiles

Product innovation impacted by health and wellbeing

Industry players alter packaging to provide consumers with more convenience and to reduce their costs

Competitive Landscape

Edinburgh leads thanks to the variety of its table sauces

Edinburgh records the strongest growth thanks to its increasing appeal in retail and foodservice

Channels

Small local grocers dominates in sauces, dips and condiments

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Key Data Findings

2025 Developments

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Industry Performance

Jams and preserves benefits from widespread popularity across socioeconomic groups

Local honey production has an impact on category sales

What's Next?

Forecast period growth for sweet spreads

Demand for healthy sweet spreads rises

Greater investment in more convenient and environmentally-friendly packaging

Competitive Landscape

Lake Canneries retains the outright lead with its MD brand

Cargills (Ceylon) Plc with Kist is the fastest growing player in 2025

Channels

Small local grocers dominates the distribution of sweet spreads

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