



Cooking Ingredients and Meals in Qatar

December 2025

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EXECUTIVE SUMMARY

Rising sales of cooking ingredients and meals supported by health awareness and demand for convenience

KEY DATA FINDINGS

INDUSTRY PERFORMANCE

The unit prices of cooking ingredients and meals surge amid global supply chain volatility

High incomes and a young workforce promote Qatar's on-trade boom

Qatars can afford a wide array of both packaged and fresh food

WHAT'S NEXT?

Stable prices and changing habits propel cooking ingredients and meals' expansion

Home cooking declines as urban lifestyles stimulate on-trade growth

Health-conscious consumers steer demand for nutritious cooking ingredients and meals

COMPETITIVE LANDSCAPE

Kraft Heinz tops cooking ingredients and meals in Qatar

Price pressures drive shoppers towards private label cooking ingredients and meals

CHANNELS

Hypermarkets dominates cooking ingredients and meals thanks to pricing and promotions

Retail e-commerce is the most dynamic distribution channel

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Industry Performance

Government efforts to improve food security covers essentials such as edible oils

Corn oil and sunflower oil remain popular with rising health awareness boosting demand for olive oil

What's Next?

Sales of edible oils are expected to rise over the forecast period

Olive oil benefits from the growing health and wellness trend

Olive oil remains characterised by a highly fragmented competitive landscape

Competitive Landscape

Private label leads in edible oils in 2025

Savola Group is the most dynamic thanks to the popularity and renown of its Afia brand

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The health trend drives consumer choices in meals and soups

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Sales of meals and soups rise over the forecast period

Persistent price pressures continue shaping consumer demand

Health and wellness awareness shapes demand for meals and soups

Competitive Landscape

Oetker-Gruppe leads in meals and soups in 2025

Middle East Foodstuff Co records the strongest growth

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Herbs and spices widely used in local cuisine

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Sales of sauces, dips and condiments rise over the forecast period

Growing health and wellness promotes demand for better for you sauces, dips and condiments

Market dynamics achieve a greater degree of normality over the forecast period

Competitive Landscape

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