



Euromonitor
International

Meals and Soups in New Zealand

November 2025

Table of Contents

Meals and Soups in New Zealand - Category analysis

KEY DATA FINDINGS

2025 DEVELOPMENTS

Sales benefit from price-sensitive consumers shifting from dining out to dining in

INDUSTRY PERFORMANCE

Convenience-focused products sustain growth amid household pressure

Meal kits struggle to recover as consumers seek value and variety

WHAT'S NEXT?

Moderate outlook shaped by investment and structural challenges

Health and wellness drive a shift toward balanced, functional meals

COMPETITIVE LANDSCAPE

My Food Bag remains a familiar name, though subscription fatigue weighs on performance

Woolworths invests in production and private label development to reinforce its leadership

CHANNELS

E-commerce becomes an established route for meal solutions

Supermarkets remain central, though in-store traffic gradually redistributes online

CATEGORY DATA

Table 1 - Sales of Meals and Soups by Category: Volume 2020-2025

Table 2 - Sales of Meals and Soups by Category: Value 2020-2025

Table 3 - Sales of Meals and Soups by Category: % Volume Growth 2020-2025

Table 4 - Sales of Meals and Soups by Category: % Value Growth 2020-2025

Table 5 - Sales of Chilled Ready Meals by Ethnicity: % Value 2020-2025

Table 6 - Sales of Frozen Ready Meals by Ethnicity: % Value 2020-2025

Table 7 - Sales of Soup by Leading Flavours: Rankings 2020-2025

Table 8 - NBO Company Shares of Meals and Soups: % Value 2021-2025

Table 9 - LBN Brand Shares of Meals and Soups: % Value 2022-2025

Table 10 - Distribution of Meals and Soups by Format: % Value 2020-2025

Table 11 - Forecast Sales of Meals and Soups by Category: Volume 2025-2030

Table 12 - Forecast Sales of Meals and Soups by Category: Value 2025-2030

Table 13 - Forecast Sales of Meals and Soups by Category: % Volume Growth 2025-2030

Table 14 - Forecast Sales of Meals and Soups by Category: % Value Growth 2025-2030

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Cooking Ingredients and Meals in New Zealand - Industry Overview

EXECUTIVE SUMMARY

Price-sensitivity persists, benefiting private label

KEY DATA FINDINGS

INDUSTRY PERFORMANCE

Health and wellness steer product development

Reformulation and transparency reshape sauces and condiments

From “quick fixes” to “fakeaways”

WHAT'S NEXT?

Moderate value growth amid cost and supply pressures

Health and wellness define long-term value
Market reform and digital retail transformation

COMPETITIVE LANDSCAPE

Heinz Wattie's maintains market leadership
Foodstuffs drives growth through Pams private label

CHANNELS

Supermarkets remain the dominant retail format
E-commerce emerges as the most dynamic channel

MARKET DATA

Table 15 - Sales of Cooking Ingredients and Meals by Category: Volume 2020-2025
Table 16 - Sales of Cooking Ingredients and Meals by Category: Value 2020-2025
Table 17 - Sales of Cooking Ingredients and Meals by Category: % Volume Growth 2020-2025
Table 18 - Sales of Cooking Ingredients and Meals by Category: % Value Growth 2020-2025
Table 19 - NBO Company Shares of Cooking Ingredients and Meals: % Value 2021-2025
Table 20 - LBN Brand Shares of Cooking Ingredients and Meals: % Value 2022-2025
Table 21 - Penetration of Private Label by Category: % Value 2020-2025
Table 22 - Distribution of Cooking Ingredients and Meals by Format: % Value 2020-2025
Table 23 - Forecast Sales of Cooking Ingredients and Meals by Category: Volume 2025-2030
Table 24 - Forecast Sales of Cooking Ingredients and Meals by Category: Value 2025-2030
Table 25 - Forecast Sales of Cooking Ingredients and Meals by Category: % Volume Growth 2025-2030
Table 26 - Forecast Sales of Cooking Ingredients and Meals by Category: % Value Growth 2025-2030

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SOURCES

Summary 1 - Research Sources

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