



Cooking Ingredients and Meals in Ethiopia

November 2025

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EXECUTIVE SUMMARY

Inflation causes surge in current value sales but hinders volume growth

KEY DATA FINDINGS

INDUSTRY PERFORMANCE

Inflation limits growth in retail volume sales

Increase in imports and sales of contraband edible oils

Growing demand for mayonnaise and ketchup

Honey remains dominant in sweet spreads

WHAT'S NEXT?

Urbanisation and population expansion will underpin growth

Fewer local consumers will prepare their own condiments at home

Small grocery retailers will continue to dominate distribution

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Most sweet spreads are produced locally

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An expanding population and urbanisation will underpin growth

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