



Meals and Soups Packaging in Canada

September 2026

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KEY DATA FINDINGS

2025 DEVELOPMENTS

Home cooking and downtrading trim retail unit volumes

INDUSTRY PERFORMANCE

The category sees retail unit volumes drop as home cooking spreads

Rigid plastic grows fastest while flexible and can packaging types soften

Fibre trays and EPR push lighter, recyclable formats

WHAT'S NEXT?

A modest outlook to 2030

Convenience, premiumisation and value reshape pack formats

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