

# HW Cooking Ingredients and Meals in New Zealand

November 2023

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#### HW Cooking Ingredients and Meals in New Zealand - Category analysis

#### **KEY DATA FINDINGS**

#### 2022 DEVELOPMENTS

Climate change considerations influencing consumption preferences Vegetarian holds first place within health and wellness cooking ingredients and meals in 2022 No salt increasingly important in health and wellness cooking ingredients and meals due to consumer concerns pertaining to high salt levels in food

#### PROSPECTS AND OPPORTUNITIES

Cost of living pressures could create opportunities for private label growth Vegetarian most promising in health and wellness cooking ingredients and meals to 2027 Shift towards plant-based alternatives to benefit lactose free claims

#### CATEGORY DATA

Table 1 - Sales of Cooking Ingredients and Meals by Health and Wellness Type: Value 2019-2022

Table 2 - Sales of Cooking Ingredients and Meals by Health and Wellness Type: % Value Growth 2019-2022

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#### Health and Wellness in New Zealand - Industry Overview

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Overview

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