Euromonitor International

Meals and Soups in Uganda

November 2026

Table of Contents

KEY DATA INSIGHTS

INDUSTRY PERFORMANCE

Urban middle class drives strong growth as convenience demand accelerates
Soup dominates as modern retail expands shelf space for convenience products
Le Gourmet Delicatessen captures urban professionals with premium frozen options
Chart 1 Value Sales 2021-2031
Chart 2 Volume Sales 2021-2031
Chart 3 Value Sales by Category 2026

WHAT'S NEXT?

Soup to maintain dominance as retail value sales nearly double by 2031
Premiumisation and localised product development shape future demand
Cold chain investment becomes critical competitive advantage for brands
Chart 1 Forecast Value Sales 2021-2031
Chart 2 Forecast Value Sales by Category 2026-2031

COMPETITIVE LANDSCAPE

Unilever's Knorr brand sustains dominance through distribution reach and affordable sachets
Rival brands target affordable sachets and regional flavours to challenge Unilever's dominance
Chart 1 Company Shares 2026
Chart 2 Brand Shares 2026

CHANNELS

Small local grocers sustain dominance through deep geographic penetration of affordable dry soup sachets
Jumia drives niche e-commerce growth among urban professionals seeking premium frozen convenience
Chart 1 Retail Channels 2021-2026

ECONOMIC CONTEXT

Chart 1 Real GDP Growth 2021-2031
Chart 2 Inflation 2021-2031

CONSUMER CONTEXT

Chart 1 Population 2021-2031
Chart 2 Population by Generation 2026
Chart 3 Consumer Expenditure 2021-2031

COUNTRY REPORTS DISCLAIMER

About Euromonitor International

Euromonitor International is an independent market intelligence provider. Data, insight and analysis stem from in-the-field research spanning 210 national markets.

Content ranges from the in-depth and country-specific, to key strategic themes with a global range and significance. Products cover a comprehensive range of insights and market data, but can be broadly categorised as:

- Strategy Briefings: Global or regional in scope, and focussing on the most important themes shaping consumer demand, the key markets, competitive environment and future outlook across a range of industries.
- Company Profiles: Analysis dedicated to the world's most significant companies, with detailed insight into their activities, focus of operations, their competitors, their geographic presence and performance.
- Country Reports: For an in-depth understanding of specific countries, whether by industry, economic metrics or consumer trends and lifestyles. These reports cover current trends, consumer demand, market potential and future prospects, with country-specific local insight and comprehensive data, unavailable elsewhere.

For more information on this report, further enquiries can be directed via this link www.euromonitor.com/meals-and-soups-in-uganda/report.