



Cooking Ingredients and Meals in Hong Kong, China

March 2026

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EXECUTIVE SUMMARY

Home cooking and private label drives growth in cooking ingredients and meals

KEY DATA FINDINGS

INDUSTRY PERFORMANCE

Home cooking sustains value growth in cooking ingredients and meals in 2025

Health and wellness drive product innovation and premiumisation

Private label sophistication and flavour innovation supports growth in 2025

WHAT'S NEXT?

Premiumisation and targeted innovation is expected to support sales over the forecast period

Health and convenience are set to drive innovation in future product development

Competition and channel dynamics shape the future of cooking ingredients and meals

COMPETITIVE LANDSCAPE

Hop Hing Oils & Fats Ltd and Lee Kum Kee (HK) Foods Ltd offer well-established brands with rich heritage

Private label emerges as a key growth driver during ongoing price sensitivity

CHANNELS

Supermarkets retains its lead due to extensive store coverage and frequent price promotions

Convenience stores and retail e-commerce will influence future growth in cooking ingredients and meals

MARKET DATA

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DISCLAIMER

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Edible Oils in Hong Kong, China

KEY DATA FINDINGS

2025 DEVELOPMENTS

Post-inflation price normalisation weighs on edible oils value sales in 2025

INDUSTRY PERFORMANCE

Rising prices and home-cooking trends support edible oil value growth in Hong Kong

Rising interest in health and wellness supports growth for olive oil in 2025

WHAT'S NEXT?

Steady retail sales expected as price sensitivity counterbalances homecooking demand in Hong Kong

Health-focused oils are set to drive premiumisation and value growth in Hong Kong

Health-led innovations are set to drive differentiation in edible oils

COMPETITIVE LANDSCAPE

Hop Hing Oil Group maintains its leadership through health-led innovation

Private label edible oils gain ground through value and portfolio expansion

CHANNELS

Supermarkets retains its lead though proximity, price promotion and an extensive store network

Growth for retail e-commerce is driven by omnichannel strategies and hybrid fulfilment

CATEGORY DATA

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[Meals and Soups in Hong Kong, China](#)

KEY DATA FINDINGS

2025 DEVELOPMENTS

Growth is fuelled by affordability, convenience, and health trends

INDUSTRY PERFORMANCE

Value sales of meals and soups benefit from reduced foodservice spending in 2025

Frozen ready meals drives growth through affordability and convenience

WHAT'S NEXT?

Ready meals and soups is expected to sustain growth during the structural shift towards home consumption

Health and wellness is set to shape reformulation in ready meals and soups

Innovation will be key to supporting further growth in ready meals and soups

COMPETITIVE LANDSCAPE

Leading players compete through convenience and premium positioning

General Mills gains momentum through frozen heritage brand strength

CHANNELS

Supermarkets remains the primary channel for meals and soups in Hong Kong in 2025

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CATEGORY DATA

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[Sauces, Dips and Condiments in Hong Kong, China](#)

KEY DATA FINDINGS

2025 DEVELOPMENTS

Growth in 2025 is driven by home cooking, health trends and expanding Asian flavours

INDUSTRY PERFORMANCE

Sale of sauces, dips and condiments benefit from the at-home cooking trend

Cooking and table sauces drive growth, boosted by the home cooking resurgence

WHAT'S NEXT?

Sauces, dips and condiments is set to sustain growth through affordability and innovation

Health and wellness is set to drive reformulation in sauces, dips and condiments

Rising interest in Asian flavours drives innovation in sauces, dips and condiments

COMPETITIVE LANDSCAPE

Lee Kum Kee (HK) Foods Ltd strengthens its leadership through heritage and innovation

Private label sauces, dips and condiments gain ground through value and innovation

CHANNELS

Supermarkets strengthens its dominance in sauces, dips and condiments through accessibility and promotions

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Sweet Spreads in Hong Kong, China

KEY DATA FINDINGS

2025 DEVELOPMENTS

Growth is driven by home consumption, health trends and value positioning

INDUSTRY PERFORMANCE

Sales of sweet spreads benefit from home consumption and indulgence occasions

Honey leads sales while jams and preserves drive growth in sweet spreads

WHAT'S NEXT?

Steady growth is expected for sweet spreads during value-driven consumption

Protein positioning is set to drive growth for nut and seed based spreads in Hong Kong

Packaging innovation is expected to support on-the-go consumption opportunities for sweet spreads

COMPETITIVE LANDSCAPE

St. Dalfour Frères strengthens its leadership through premium positioning and lifestyle collaborations

Private label sweet spreads gain momentum through value and range expansion

CHANNELS

Supermarkets retains its dominance in sweet spreads through accessibility and promotional intensity

Retail e-commerce plays a rising role in sweet spreads distribution

CATEGORY DATA

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