

## March 2023

### Protein & Protein Alternatives - Canada

"There has never been more variety in how consumers can incorporate protein into their diets. Animal-based options such as meat and cheese remain most popular, but plant-based alternatives continue to make inroads. In Canada there is perceived demand for more protein, meaning there remains runway for innovation in this space ...

## February 2023

### The Budget Food & Drink Shopper - Canada

"Canadians are feeling the pain of rampant food inflation. They are also angry about the rising cost of food and drink and many place blame at the feet of grocers and producers. This is leading to a crisis of confidence toward the industry. There is no easy solution as rising ...