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This report looks at the following areas:

- The impact of COVID-19 on nuts, seeds and trail mix
- Market opportunities
- Consumption changes of nuts, seeds and trail mix
- Appealing product attributes



"The pandemic has reinforced consumer interest in health and wellbeing, and driven athome consumption of nuts, seeds and trail mix. Consumers are seeking comfort, pleasure and satisfaction in healthy snacks, supporting category growth. However, economic uncertainty also reinforces consumer interest in value." - Mimi Bonnett, Director – US Food and Drink

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