



Cover Story 24

7to9 Green Stores

Third generation Kerala provision storekeeper turns conscious retailer with his "zero waste" store.

Born into a family of provision and wholesale retailers who have been in the kirana business for nearly 90 years, Bittu John decided to convert one of his family-owned 40-year-old grocery store into his dream concept called the 7to9 Green Stores.

11. Market Update

News and Reports on the Food & Grocery industry.

22. Expert Speak: The Future of Retailing

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28. Industry

MSMEs in 2022: Six key trends to watch out for.



30. Brands for New-Age India

As consumer expectations continue to grow more expansive, thanks to technology, changing demographics, unprecedented access to information, brands and retailers need to look at the attitudes and behaviors of the young-gen shoppers and consumers who exercise increasing buying power and wallet share over the market landscape today.



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34. KBB Nuts'

Brands serve young consumers with both traditional and modern health & lifestyle products.

36. Shubb Food

Products have a cross-culture and multi-cuisine appeal.

38. International Retailer

Ahold Delhaize leverages the 'quiet competitive advantage' that's a key ingredient in its success.

44. Nutraceuticals

Nutritional supplements can be your best alternative to a healthy lifestyle.



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46. Beverage

The Growing Trend for Non-Alcoholic Beverages.

48. Health Food

Honey Trends & its Importance in the Modern Market.



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50. All's Wellness

Retailers can help shoppers develop healthy eating strategies.

52. Sustainability

Plastic Waste Reduction Sparks Innovation.

54. Packaged Food

Different Types of Biscuits, their Classification and Varieties.