

28. COVER STORY



THE GOURMET REVOLUTION

How Q-Mart Changed the Way Hyderabad Shops

Today, Q-Mart offers more than 30,000 SKUs sourced from over 500 global and domestic brands. Yet the company's philosophy has never been about carrying the most products. It has been about carrying the right products.

10.

News in Numbers

Food & Grocery and Foodservice insights through numbers.



12.

Market Update

News and reports on the Food Retail and Food Service industries.

16.

Spotlight | California Walnuts

Preserving Freshness, Elevating Quality

The fundamentals of storage are simple but critical. California walnuts should be kept cold and away from strong smelling ingredients throughout the entire supply chain to preserve freshness.



20. Spotlight | USAPEEC

India's Protein Transition Opens a New Frontier

Rising health awareness and changing diets are creating new opportunities for duck and turkey in India's expanding protein story.



24. Success Story | Beverages

From Drought to Dreams: How Dadu Salgar Brewed a 500-Outlet Tea Empire

From enduring drought, poverty, and repeated business failures to building a thriving network of over 500 outlets, Dadu Salgar's story inspires aspiring entrepreneurs to view challenges as opportunities for growth.

38. Research | Trends & Analysis



RTE, RTC & RTS Foods: Redefining Convenience Through Health, Flavour and Innovation

Modern consumers are balancing demanding schedules, hybrid work models and rising living costs, creating demand for meal solutions that save time while maintaining quality.

40.

Category Watch | RTE & RTC

India is Ready to Eat: How India's Instant Consumption Economy is Reshaping Urban Food Behaviour

India's packaged ready-to-eat, instant-consumption & rapid-prep foods market is rapidly emerging as one of the country's most dynamic packaged-food ecosystems, driven by changing urban lifestyles, shrinking kitchen time, quick-commerce acceleration and rising demand for low-effort meal solutions.

56. Category Watch | RTE & RTC

Clean Labels, Better Nutrition, Bigger Opportunity

India's fast-growing RTE and RTC category is being rewritten as health-conscious consumers push brands to rethink ingredients, innovation and value.

60. Health & Wellnes | Protein Power

Fueling the Protein Revolution

62. Retail Buzz

Word on the Street

66. Opinion | Agri-Growth

Strengthening India's Agri-Value Chains: Why Post-Harvest Infrastructure Is the Missing Link