



# Navigating Consumer Shifts:

Macro Forces, Protein Demand &  
Seafood Growth

Chris DuBois  
EVP and Practice Leader

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Wild, Natural & Sustainable®

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# Today's Discussion

- 01 Macro Trends & State of the Consumer Trends
- 02 Eating Patterns and Trends in Seafood
- 03 What's Working?



# Five Megatrends Driving Food Sales



## Economic Uncertainty

Rising unemployment and inflation causing households to finally pull back on food spending



## Return to Office

While work from home will be a permanent fixture in our workplace routines, a moderate rise in commuting to the workplace is creating demand for convenient and on-the-go solutions.



## Versatility

Foods and beverages today are becoming more flexible in how and when consumers use them. "Snack foods" might form a meal, "beverages" might be a snack, as consumers look for solutions to needs throughout the day.



## Protein

Consumer demand for protein remains high as diet strategies including GLP-1 medications keep protein at the forefront of what consumers seek.



## Eating-At-Home

Home dining is on the rise as families seek affordability and healthier options, choosing home-cooked meals over costly restaurant outings while occasionally splurging to recreate restaurant-quality dishes for special occasions

# Economic Uncertainty

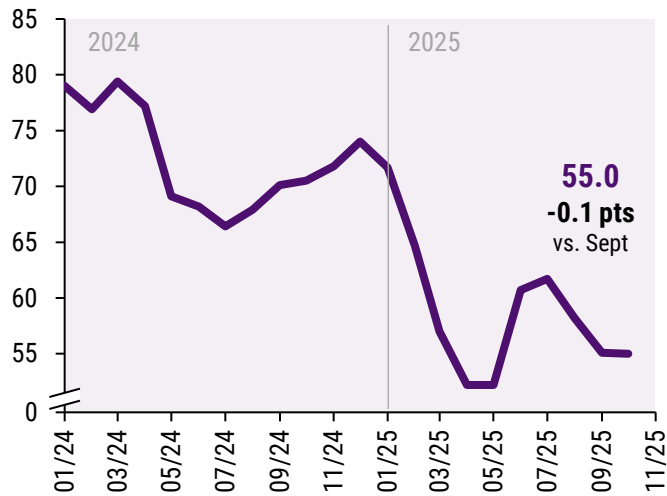
- The economy is sending mixed signals.
- Inflation and unemployment are low-ish but rising.
- Tariffs and other factors are influencing consumer sentiment, and headwinds persist

# Consumer confidence remains low in early October, weighed down by high inflation expectations and tightening labor market

## Consumer Confidence

Consumer sentiment **remains low in October**

University of Michigan **Consumer Sentiment Index**, 1966 = 100



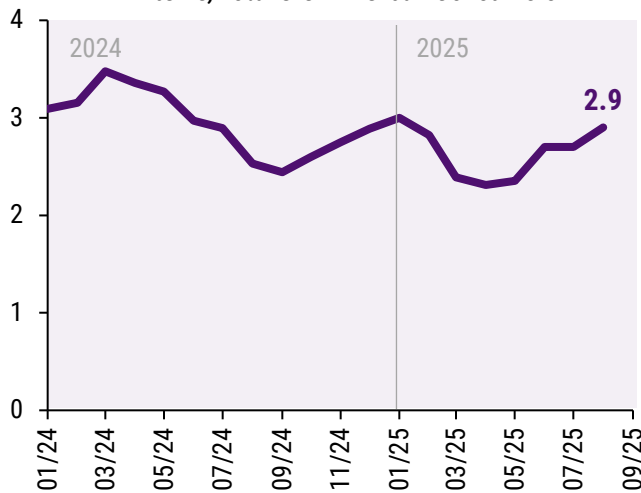
### Consumer Expectations of Inflation

University of Michigan Expected % chg. in Prices within 1 Year  
**4.6% (October '25), -0.1 pts vs. September '25**

## Inflation

Consumer **price growth increases in August**

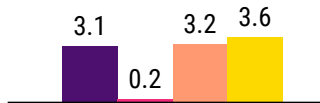
**Consumer Price Index % Chg. Vs. YA**  
**All Items, Total U.S. All Urban Consumers**



### Consumer Price Index

- All items less food and energy
- Energy
- Food
- Shelter

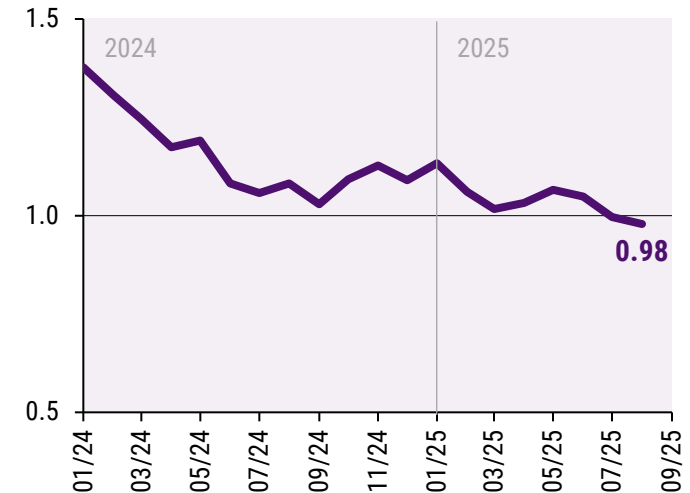
### 12-Months ending August 2025. vs. YA



## Employment

Slower job creation signals **tightening conditions** in labor market

Number of Job Openings per Unemployed Person

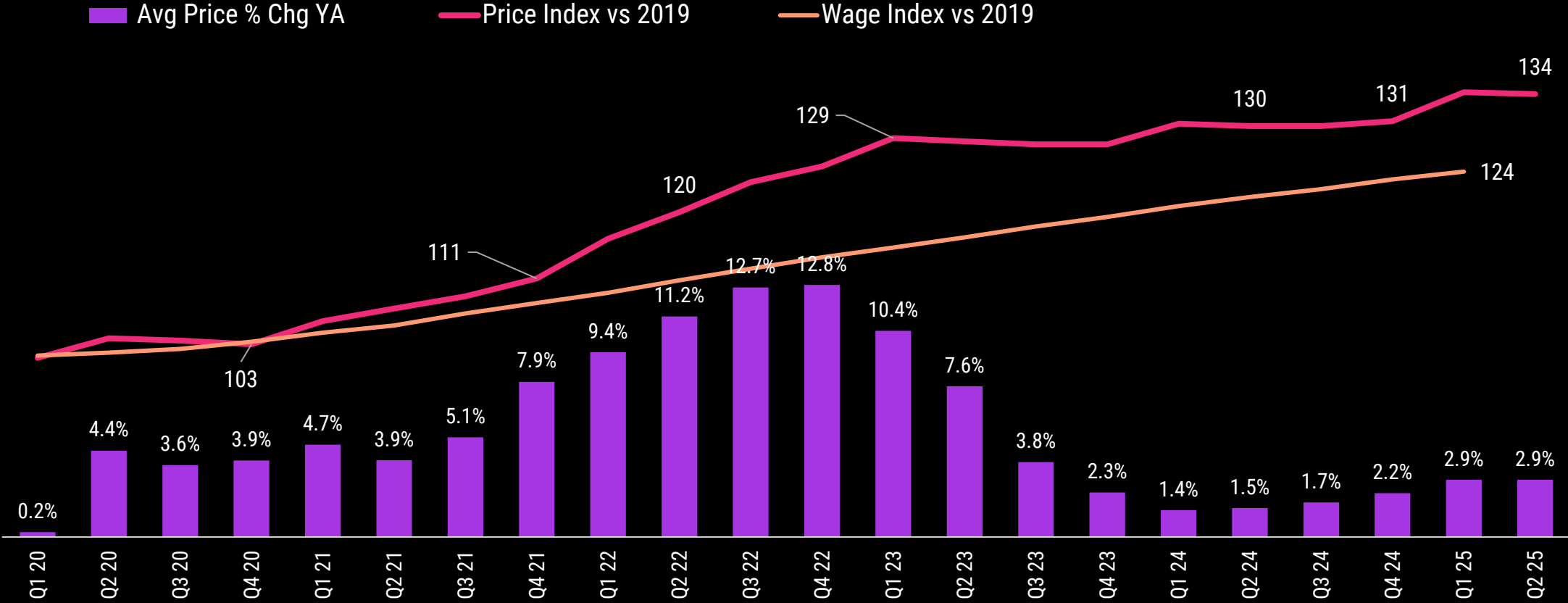


### Unemployment Rate

**4.3% (August '25), +0.1 pt vs. July '25**

# Consumers are facing 30%+ higher F&B prices compared to 2019 and wages have not kept up

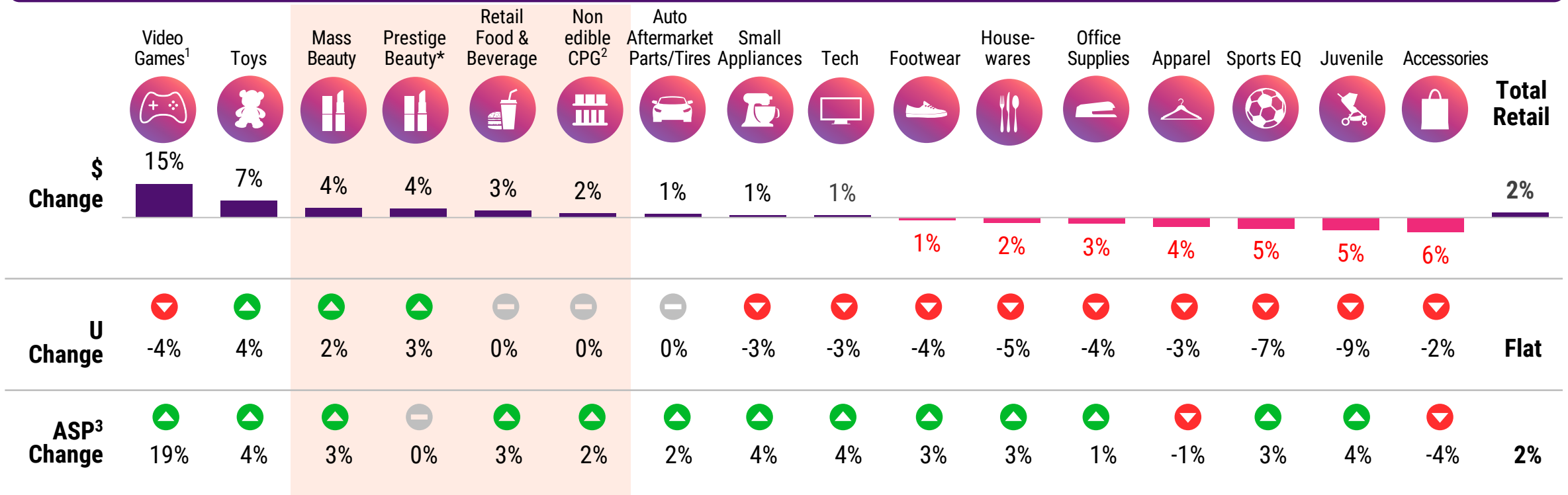
## Retail F&B Price Realization Year-over-Year and Indexed to 2019



Note: Dollar-weighted average price per volume % chg. across categories. Wage index based on Employment Cost Index: Wages and salaries for All Civilian workers in All industries and occupations, SA. Index vs. 2019 quarterly average. Source: Circana POS MULO+ and Conv data ending 6/29/25. Circana Executive CPG & Foodservice Advisory

# Food and Beverage continues to be in a growth mode

## Year-to-Date % Change, 38 weeks ending September 27, 2025



Source: Circana, Retail Early Indicator (general merchandise), <sup>1</sup>video games includes physical hardware and accessories. Does not capture digital software or downloads; Retail Tracking Service (prestige beauty, toys) Circana, Total Market View MULO+ with Conv & Perimeter (F&B/nonedible CPG-<sup>2</sup>excluding tobacco and mass beauty)- week ends on a Sunday

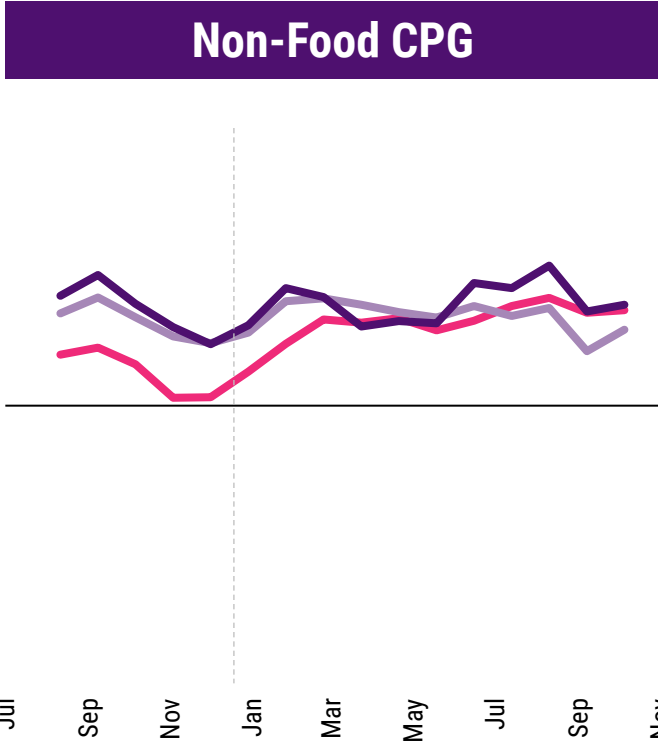
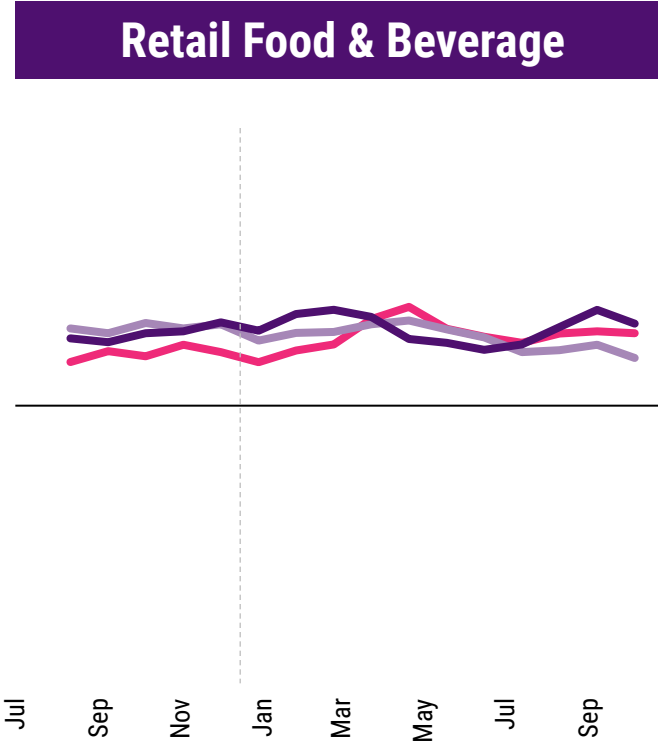
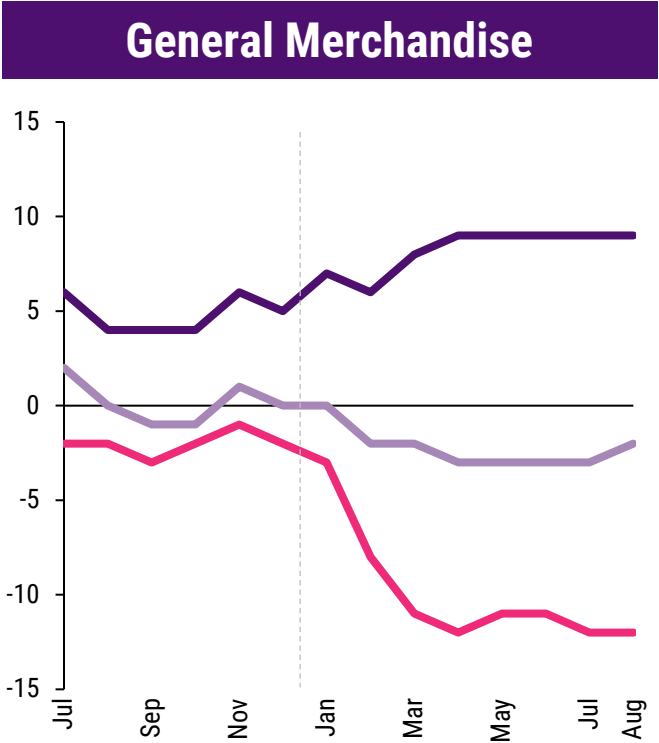
<sup>3</sup>ASP reflects average price per unit

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# The income gap is wide in discretionary purchasing; more nuanced in F&B

Dollar Sales % Chg vs YA by Income Cohort / Rolling 3 Month Periods

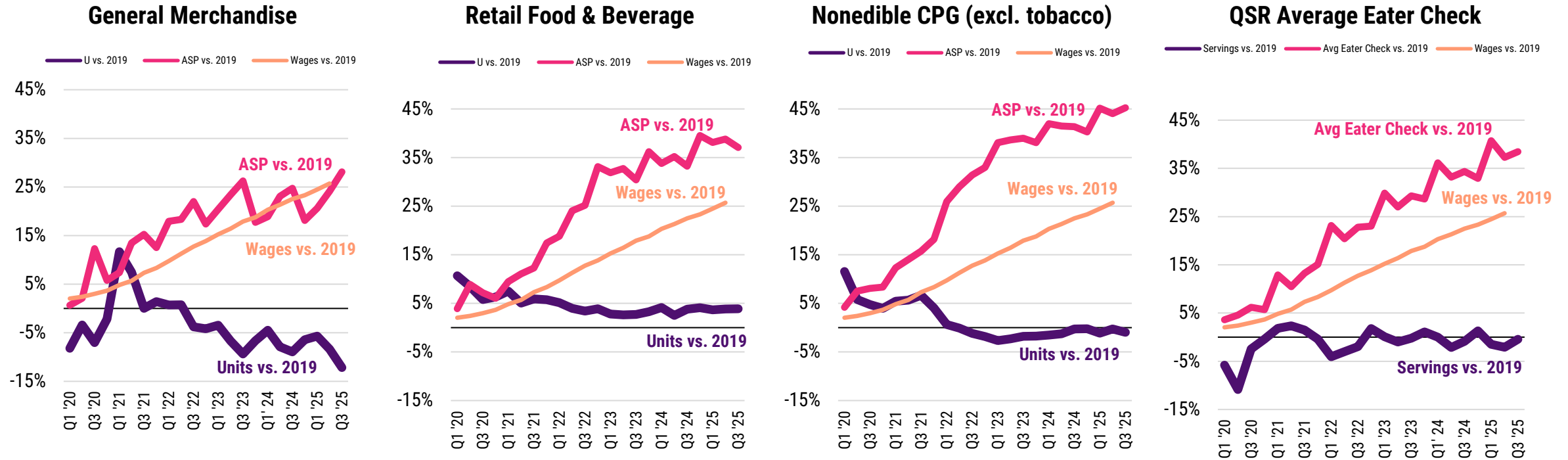
— Low — Middle — High



Source: Circana, Checkout, general merchandise  
 Industries include: Accessories, Apparel, Auto Products, Footwear, Home Décor, Home Improvement, Home Textiles, Housewares, Juvenile, Office Supplies, Remaining GM, Sports EQ/Team Sports, Prestige Beauty, Small Appliances, Technology, Toys, Video Games; Income Tiers defined as Low <\$50k, Mid \$50-99k, High \$100k+  
 Circana Complete Wallet receipt panel/Retail Food & Beverage & Non-Food CPG (excl Pet), Regional Income Tiers based on geographical location and household size, rolling 12W periods

# Demand levels reflect impact of higher prices and lagging wages

## Quarterly Unit, Average Price and Wage % Change to 2019



Source: Circana, Point-of-Sale First Read Data/Limited Release (general merchandise), CREST (QSR)  
 Circana, Total Market View MULO+ with Conv & MULO+ Perimeter (F&B/nonedible CPG- excluding tobacco)- week ends on a Sunday), Average price per unit  
 Bureau of Labor Statistics Employment Cost Index for Wages and Salaries of All Workers Dec 2005 = 100, Seasonally Adjusted (current quarter vs. avg of 2019), Moody's Analytics - Wage growth  
 2024 Q1 reflects 13WE 3/30/2024; 2024 Q2 reflects 13WE 6/29/2024; 2024 Q3 data reflects 13WE 9/28/2024; Q4 data reflects 13WE 12/28/2024, 2025 Q1 data reflects 13WE 3/29/2025, 2025 Q2 data reflects  
 13WE 6/28/2025, 2025 Q3 data reflects 13WE 9/27/2025  
 Trends vs. 2019 should be used directionally  
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# Premium brands continue to shine

## Price Tiers Share of Packaged F&B Sales

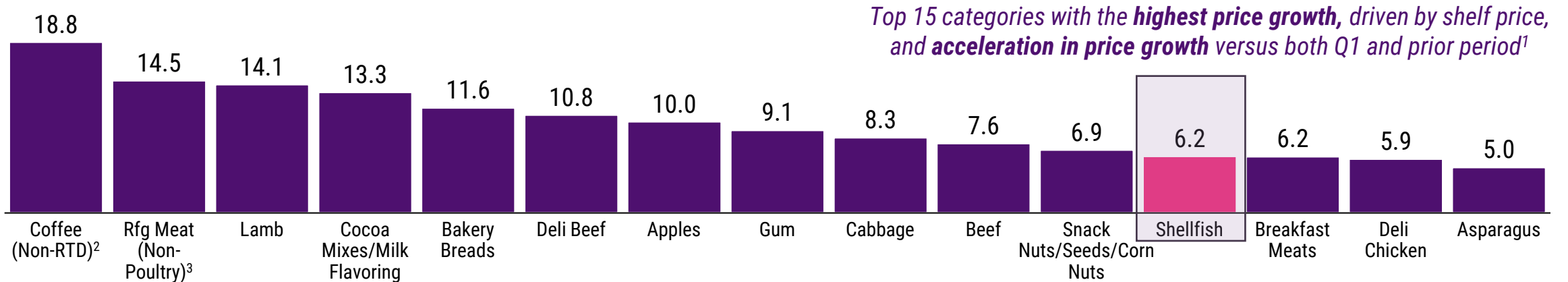
Price Tier	Dollar Share				Volume Share			
	L52 %	2024 vs. YA	2025 YTD vs. YA	L13W vs. YA	L52 %	2024 vs. YA	2025 YTD vs. YA	L13W vs. YA
Super Premium	12.6%	0.4	0.6	0.8	6.1%	0.2	0.3	0.4
Premium	8.1%	0.1	0.1	0.2	5.7%	0.1	0.1	0.1
Mainstream	50.1%	-0.9	-1.0	-0.6	48.8%	-0.6	-0.6	-0.3
Value	8.2%	-0.3	-0.3	-0.3	12.7%	-0.3	-0.3	-0.2
<b>Private Label</b>	20.9%	0.7	0.5	-0.1	26.6%	0.7	0.5	0.0

*Note: Excludes fresh, random weight categories. Price tiers determined by line extension avg. price per volume vs. corresponding subcategory avg. price per volume. Super Premium > 1.5\* avg, Premium > 1.25\* avg, Value < 0.75\* avg based on MULO. Private Label includes all store brands across price tiers. Source: Circana POS data ending 10/5/25, MULO+ (expanded universe) and Convenience channel. Circana Executive CPG & Foodservice Advisory.*

# Coffee, meat, and other commodity-linked categories show the highest price growth

## F&B Categories with the Highest and Accelerating Price Growth

Price Per Volume % Change vs. Year Ago - 4 Weeks Ending September 7, 2025



**Multiple factors** create incremental **cost pressures** for F&B



Supply constraints due to weather or crop/animal disease  
*Largest impact on F&B prices to date*



Regulatory and consumer pressure for product reformulation



Tariffs and other policy changes have contributed to a mix of direct and indirect cost pressures  
*Many agricultural items are currently exempt from tariffs, minimizing direct effects*

**Manufacturers face margin compression as cost pressures build and demand cools**

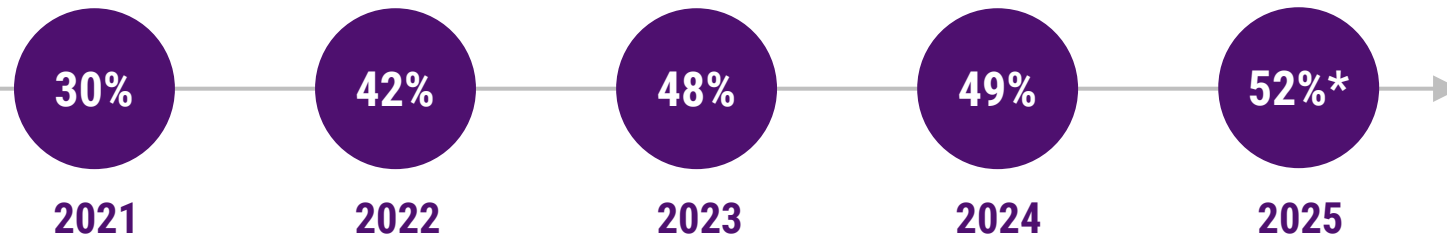


Note: 1. Only showing F&B categories with price growth driven primarily by shelf price (not assortment/mix shifts) with greater than 2ppt acceleration vs. Q1 '25 and acceleration vs. prior period, Only categories over \$500M annual sales shown, 2. Non-Ready-to-Drink, 3. Includes packaged fixed weight meats, primarily ground beef, Source: Circana, LLC POS data ending September 7, 2025, MULO+ with Convenience. Circana, LLC, Executive CPG & Foodservice Advisory.

# Return-to-office continues to rise

Adults will continue to seek options that fit into their commute/office routines

Weekly Office Occupancy Rate – 52-week Moving Average



Assuming occupancy for the full year averages 55%, it will mean **roughly 6 million more white-collar workers in offices some of the time.**



# Protein

Consumer diet strategies, including GLP-1 medications, keep protein top of mind

41%

of adults are trying to consume more protein

# New High Protein products are emerging across the store

## Protein delivers fuel and satiety, along with smart indulgences.

- Traditional meals
- New offers in breakfast
- More permissible indulgences
- Protein is among the benefits recommended for GLP-1 users
- 32% of consumers look for new foods high in protein, up 6 ppts from 2021\*

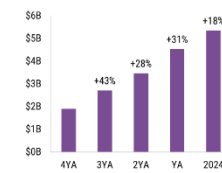


## High-protein has been a sustainable trend for many years

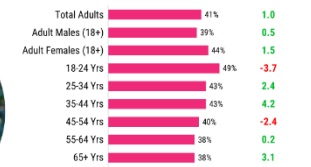
18% growth in L52W vs. year ago in protein drinks, powders and supplements.

41% of adults are trying to consume more protein, this is similar across genders and ages.

Protein Powder and Drinks Dollars and Percent Growth



% Trying to Consume More Protein by Age/Gender



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Source: Circana OmniMarket Suite, MILC+ Customer Healthcare Definition: 52 Weeks Ending 12/29/24 Source: Circana, IMAT50; data for 12 Month 2024  
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Nutritional brand collaborations are fueling consumers and sales growth in new ways



Fulfil Nutrition X Reese's  
20g of protein



Ghost Whey Protein X Oreo  
25g of protein per serving



Dymatize X Fruity & Cocoa Pebbles  
30g of protein per serving



Redcon1 X Hostess Snacks  
40g of protein

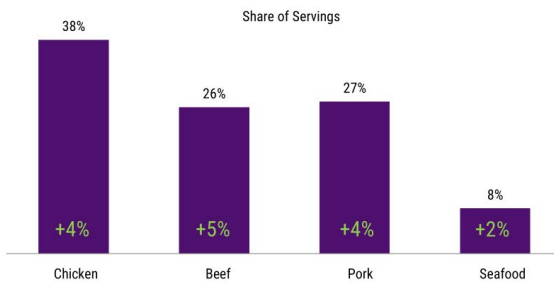
Circana.

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# Big opportunity to raise Seafood's profile for High Protein Seekers

As consumers seek more protein in foodservice, all animal proteins are growing

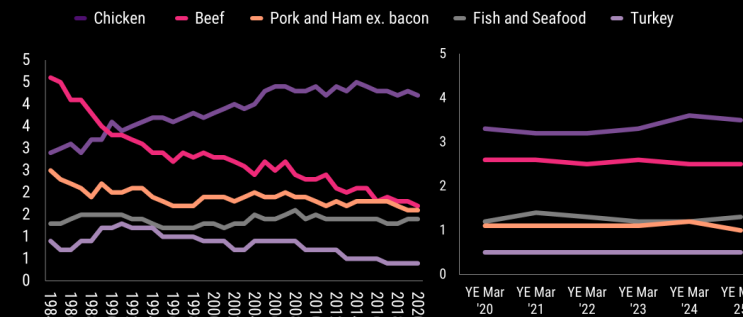
## Top Growing Proteins For Consumers Seeking "High Protein"



Source: Circana, CREST®, 12ME Aug 2025 vs. YA  
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At Home, Chicken remains the top animal protein, red meat held steady, and seafood had a slight increase

## Presence of an "Animal Protein" Share of In-home Occasions



NET methodology enhancement starting 2020; prior historical trend disrupted  
Source: Circana, National Eating Trends®, 12ME February  
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# Protein-fortified everyday foods create competition for animal-based proteins

Consumers seek convenient ways to boost protein intake without changing their eating habits.

16g

One (1) Cookie



12g

Two (2) waffles



24g

4 oz serving

Ground Beef 93% Lean



20g

4 oz serving

Fresh Cod

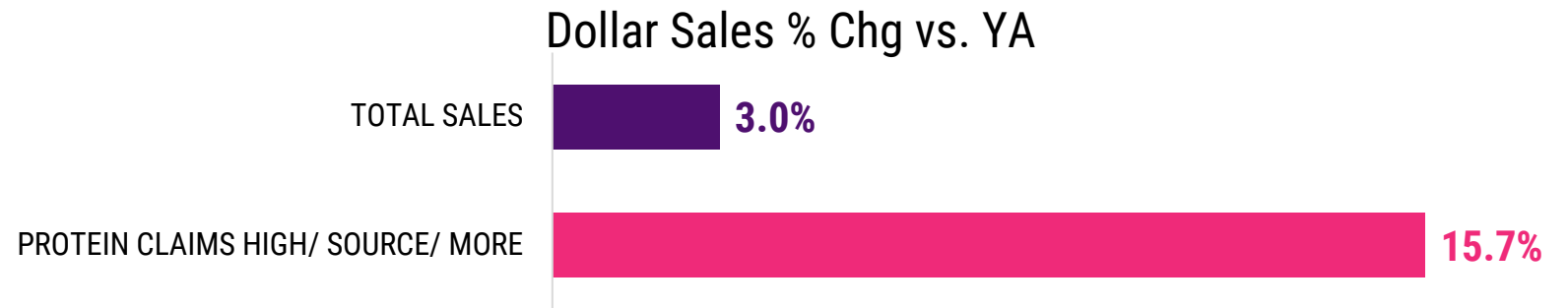


# Protein claims drive sales

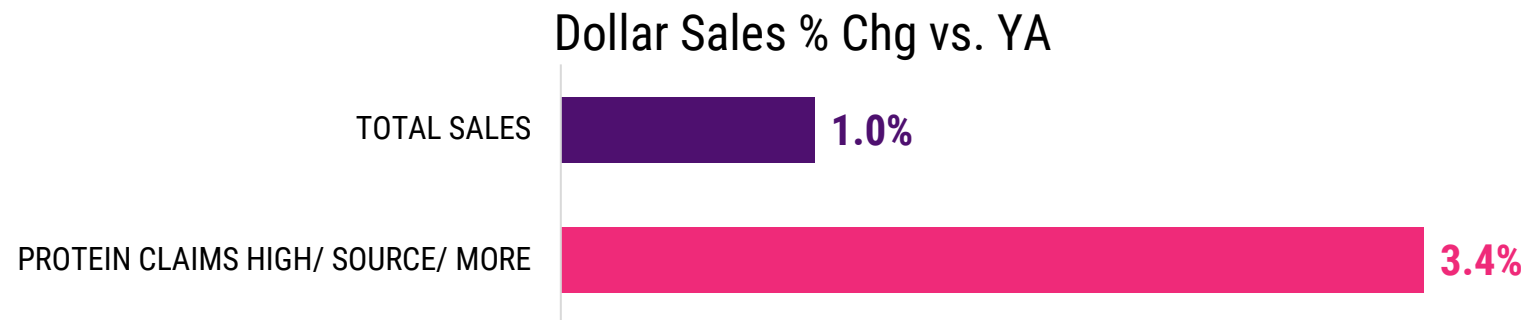
Consumers are looking for protein in more places, including snacking items, where they increasingly seek permissible indulgence often aided by protein claims.



## Total Food



## Snacking Aisle



# Just Bare Lightly Breaded Chicken leans into clean

- Commitment to delivering more goodness to more people – **transparency, no antibiotics ever, high-quality protein.**
- Launched as a **Costco exclusive** before expanding to other retailers.
- Heavy social media marketing with well-produced **how-to videos along with recipes.**
- Buzz among food sites for the title of **best Chick-fil-A dupe.**



**YEAR 1**  
\$368M (#1)  
4% trial  
59% repeat



# Calories consumed decline



**Healthier lifestyles**  
(e.g., more protein,  
less snacks and alcohol)



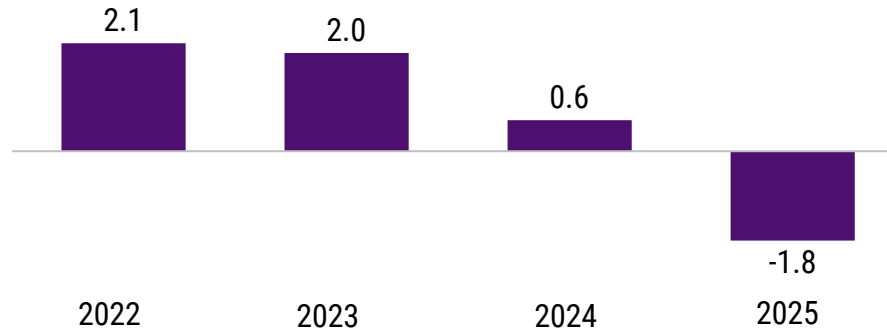
Widening usage of  
**weight-loss medications**



**Aging population** who  
consume less

## Shifting Eating Preferences

**Per Capita Calories Consumed**  
% chg. vs. YA



*Note: Per Capita Calories based on reported foods consumed in consumer diary. Changes reflect shifts in calories associated with type of foods consumed. Active GLP-1 usage defined as used in the last 30 days. Impact to spend based on Circana study of GLP-1 users while active, Summer 2025. Source: Circana National Eating Trends, data ending May 2025 (calories) and March 2025 (GLP-1 penetration). Circana Executive CPG & Foodservice Advisory.*

# Versatility

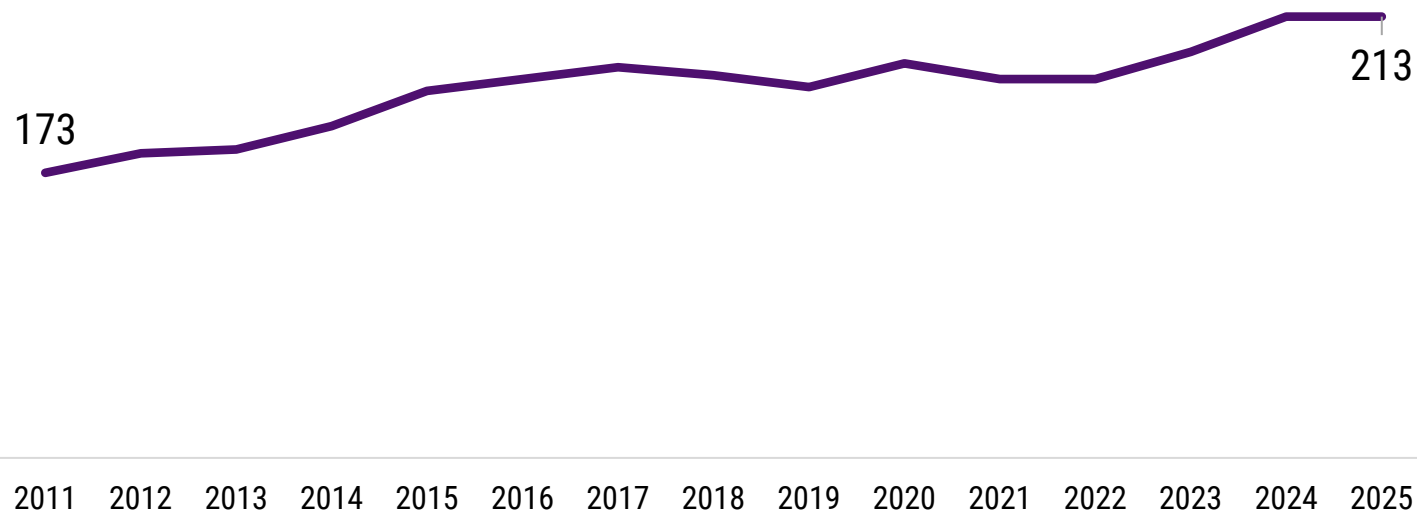
Are meals snacks or  
are snacks meals?

The answer is Yes



# Consuming snack foods at lunch has been on the rise for more than the past decade

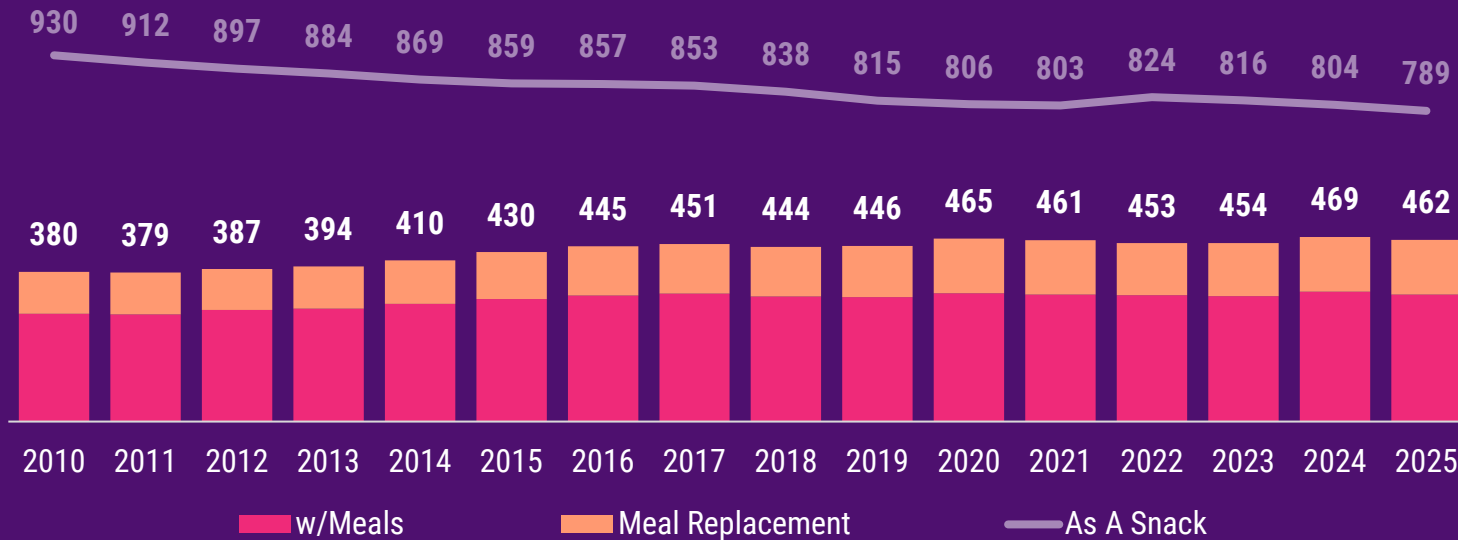
Snack Foods Eaten with Lunch – Annual Eatings per Capita



# Snacking to eat, or eating to snack?

Consumers are snacking less between meals and more “during” or “instead of” a meal.

**As a Snack vs. Meal Occasions**  
Annual Eatings per Capita



**789 snack eatings are between meals, while 462 snack eatings are during meal occasions.**

**This gap continues to shrink YOY.**

# Return to Office and younger generations driving snacking changes

## Meal Replacement

### Gen Alpha



Index to Total Snack Food Occasions **125**

## With Meal

### Gen Z



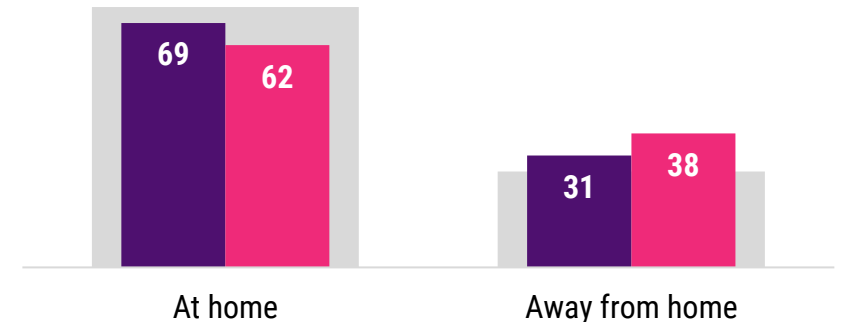
Index to Total Snack Food Occasions **121**

Snack foods make meals on the go easy!

### Where Consumed

% Eatings

■ Total Occasions ■ W/ Meal ■ Meal Replacement



Index to Total Snack Foods: Index > 120 = high development

Source: Circana, SnackTrack®, 12ME March 2025  
Excludes beverages

# At-Home

Cooking confidence and restaurant inflation have shifted meals to home





# 86%

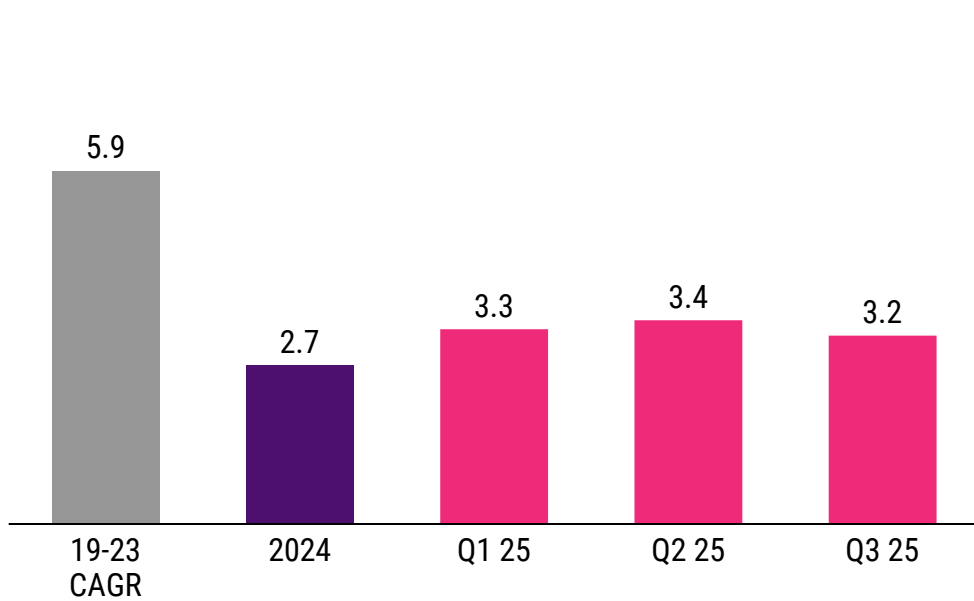
of eating occasions were  
**sourced from home**  
over the past year.

We consumed  
**118 more meals at home**  
(including those sourced away from home) this year vs. pre-pandemic.

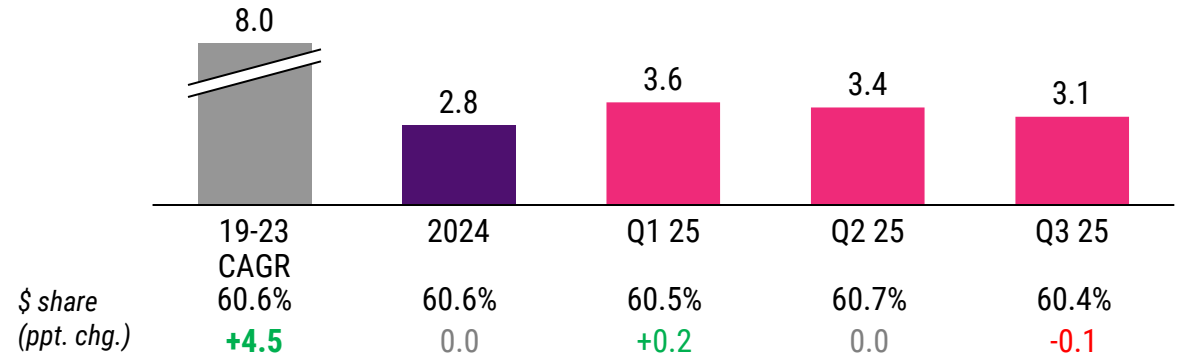
# Retail F&B and Foodservice dollars growth fairly steady

## Complete F&B Market Growth Trends / \$ Sales, % Change vs. YA

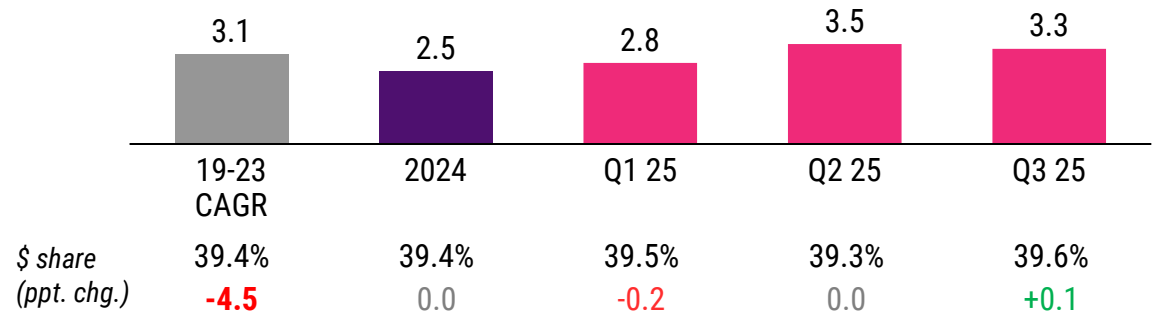
**Total U.S. Food & Beverage | L52 Sales: \$1,752 B**



**Retail / At-Home | L52 Sales: \$1,065 B**



**Foodservice / Away-From-Home | L52 Sales: \$687 B**

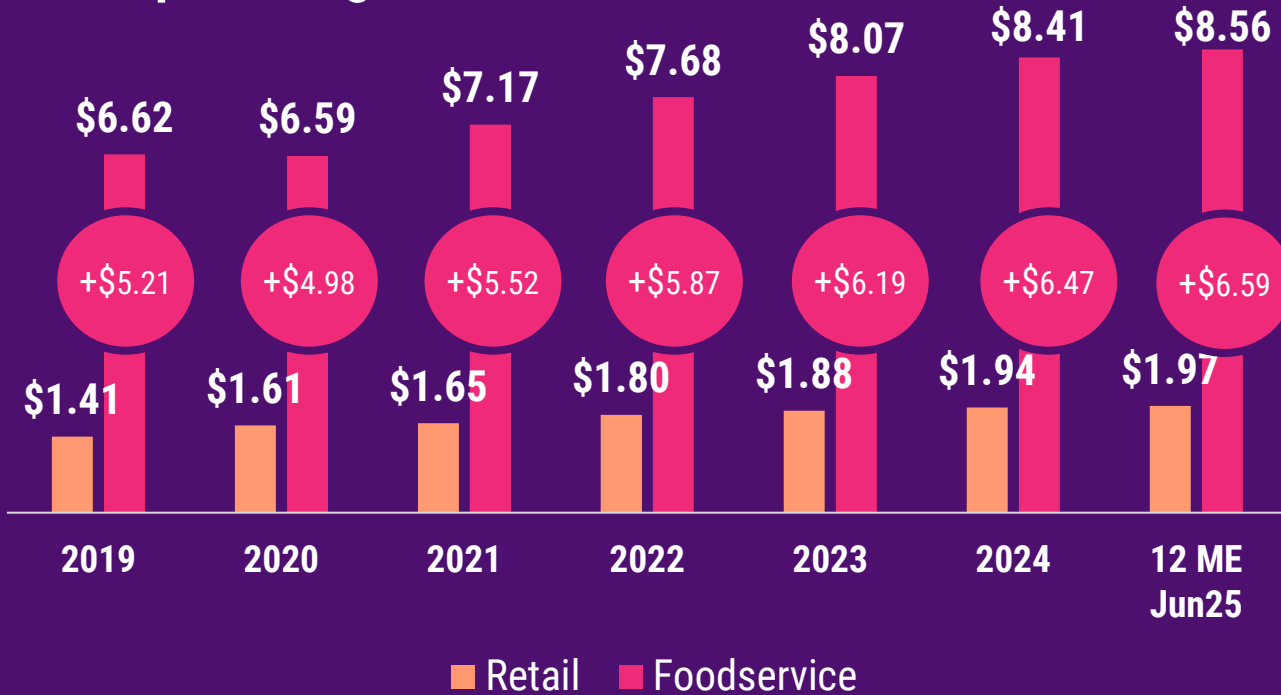


Note: Weeks included in retail quarters adjusted to control for holiday (Easter, July 4) timing falling in between quarters, defined as 12 week ending 3/23/25, 13 week ending 6/22/25, Retail measured by POS channels, as defined as MULO+ with Conv. Includes fresh foods. Foodservice sales based on consumer data, excluding tips. Foodservice excludes bars/drinking places accounting for ~\$250B. Source: Circana POS and consumer data ending June 2025. Circana Executive CPG & Foodservice Advisory.

# Per occasion...

Foodservice costs 4.3x those of at-home occasions, with the absolute dollar gap widening

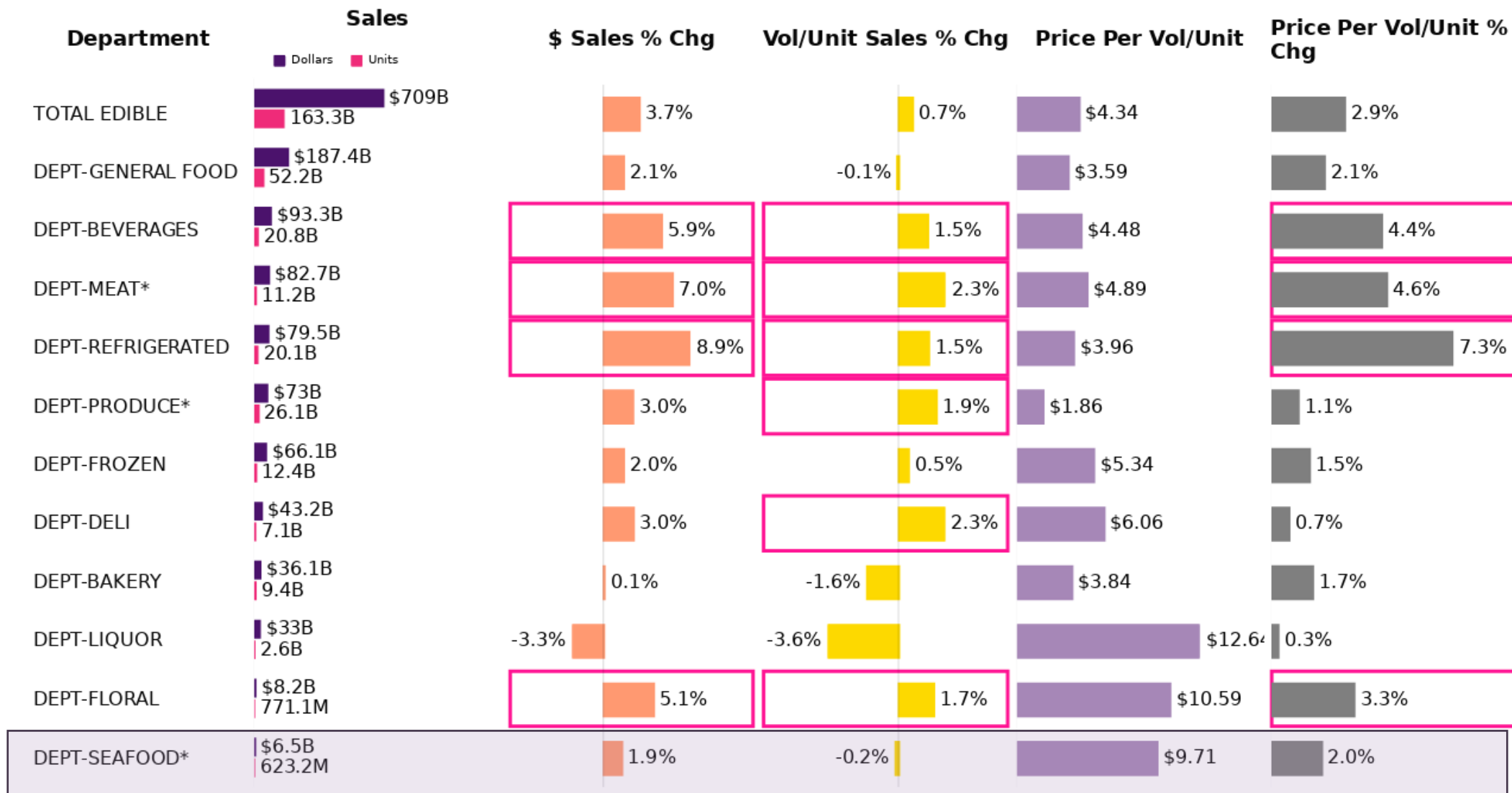
## Cost per Eating Occasion



Seafood is more affordable at home than in foodservice, reinforcing its role in home meals.

# Eating Patterns and Trends in Seafood

# Seafood vs rest of Edible: YTD Sales Performance



\*Vol/LBs  
Exceeding TOTAL EDIBLE Trends highlighted

Source: Circana Integrated Fresh, Total US MULO+, Year to Date weeks ending 9/28/2025

# Total Seafood is growing within Retail

Growth is uneven across departments



# Refrigerated Finfish sales recovered

Despite a slight decline in price

**+3.8%**

sales

**+4.0%**

volume

**-0.3%**

price per volume

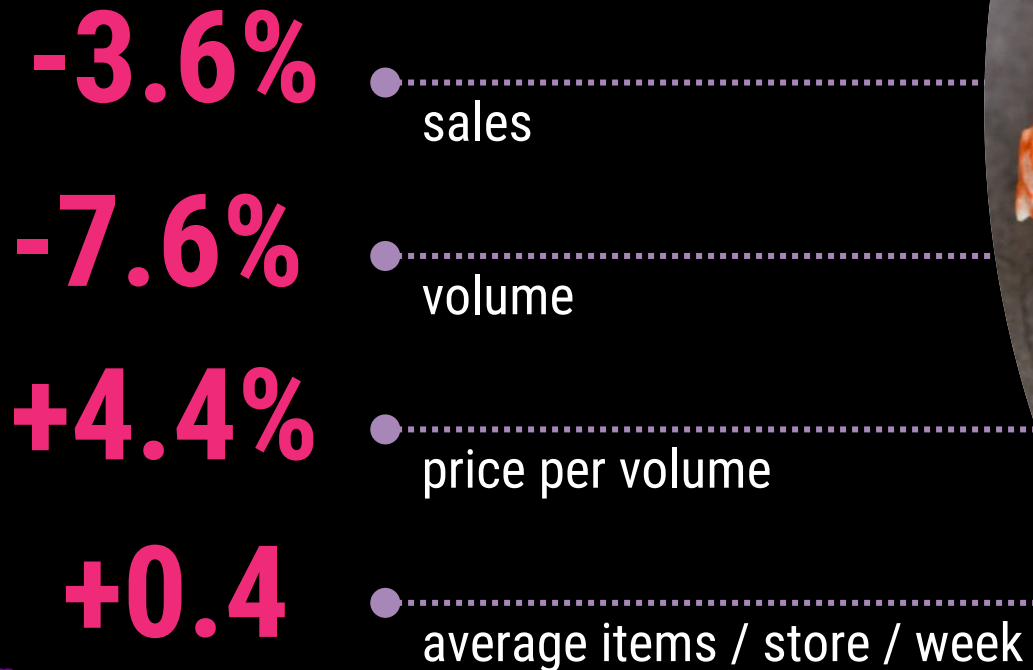
**+1.6**

average items / store / week

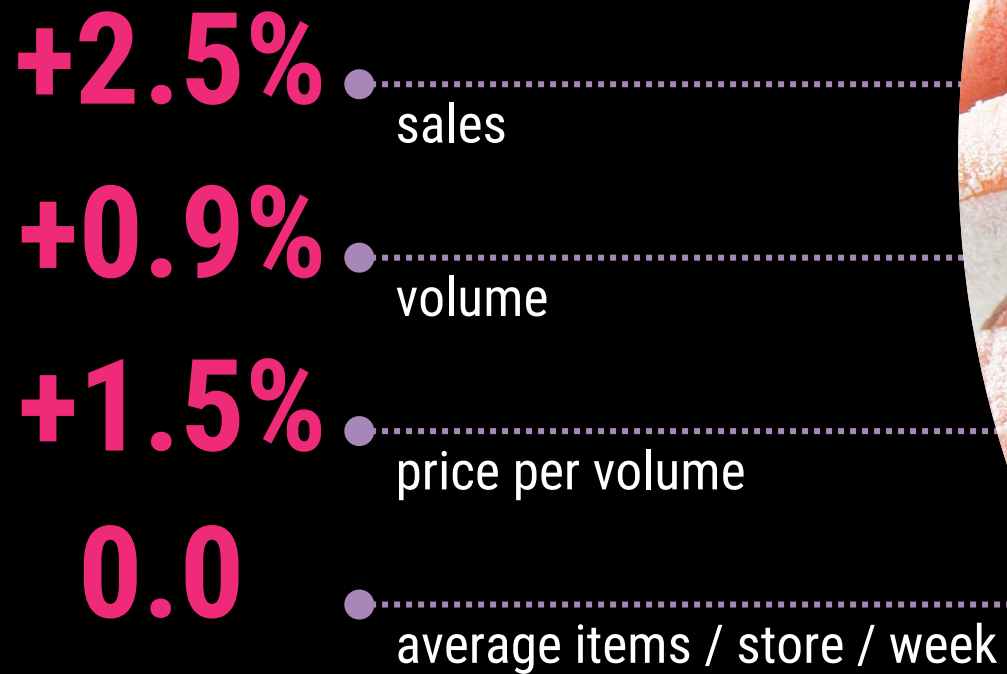


# Refrigerated Shellfish sales still struggling

Volume is still weak, but price increase partially offset impact



# Frozen Finfish sees growth vs last year



# Frozen Shellfish increased sales through higher prices

Distribution has dipped slightly

**+3.4%**

sales

**+1.2%**

volume

**+2.1%**

price per volume

**-0.3**

average items / store / week

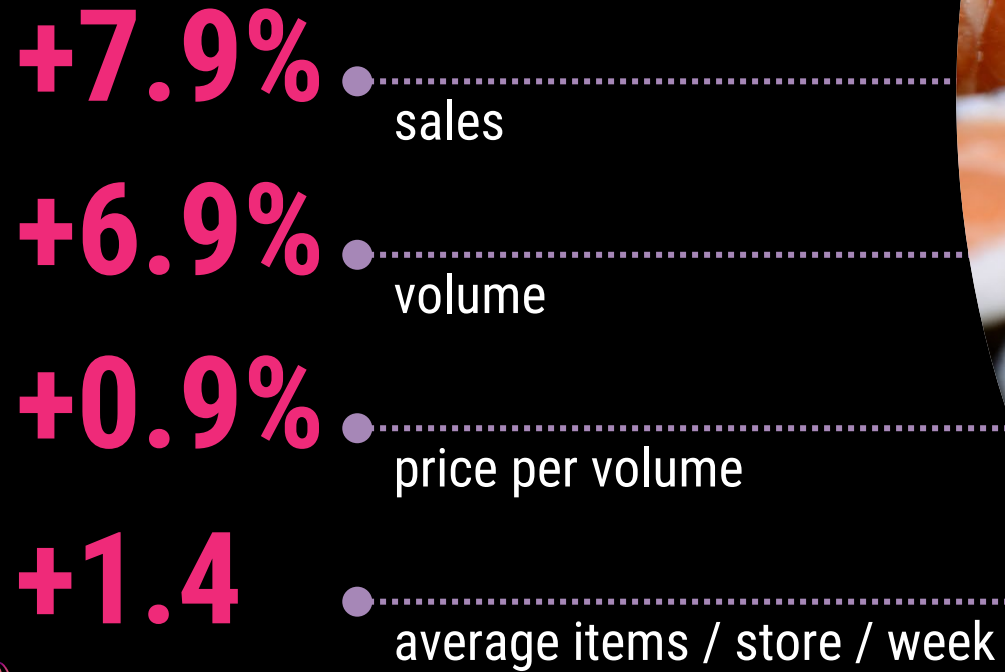


*Circana Omnichannel MJLO POS for 1 year ending 9/7/2025*

Circana, Inc. and Circana Group, L.P. | Proprietary and confidential

# Sushi continues to grow

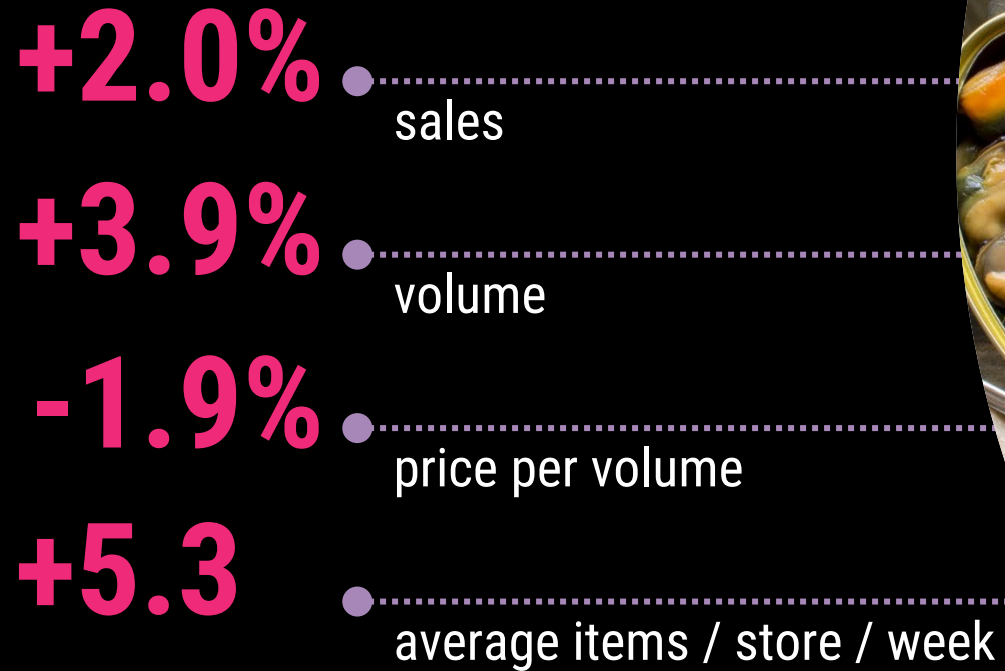
Stable price along with larger assortment driving dollars and volume



*Circana Omnichannel MULO POS for 1 year ending 9/7/2025*

# Shelf Stable Seafood had higher sales

Strong volume supported more items on shelf



# Big growth in Prepared Foods

Improved performance backed by steady prices and broader assortment

**+10.4%**

sales

**+11.2**

volume

**-0.7%**

price per volume

**+0.3**

average items / store / week



# 3 of Top 5 Refrigerated Finfish Species Grew Last Year



**Cod**



**Flounder**



**Halibut**



**Pollock**



**Salmon**

**1 YEAR DOLLAR SALES**

+4.2%

+8.3%

-11.8%

-2.2%

+3.4%

**4 YEAR DOLLAR SALES**

-0.4%

-14.6%

-44.1%

3.8%

+14.8%

# 4 of Top 5 Frozen Finfish Species Had Positive Trends



**Cod**



**Flounder**



**Halibut**



**Pollock**



**Salmon**

## 1 YEAR DOLLAR SALES

+2.7%

-2.6%

+24.0%

+1.4%

+2.8%

## 4 YEAR DOLLAR SALES

-4.7%

-17.3%

-40.5%

+13.6%

+15.3%

# Most Top **Fresh Shellfish** species struggled..



**Clam**



**Crab**



**Lobster**



**Scallop**



**Shrimp**

## 1 YEAR DOLLAR SALES

-11.1%

-9.2%

+0.4%

-33.4%

+5.3%

## 4 YEAR DOLLAR SALES

-30.4%

-47.4%

-37.2%

-54.8%

-7.8%

# Some top Frozen Shellfish slipped versus last year



**Clam**



**Crab**



**Lobster**



**Scallop**



**Shrimp**

**1 YEAR DOLLAR SALES**

+24.9%

+3.8%

-1.7%

-1.8%

+3.5%

**4 YEAR DOLLAR SALES**

+16.0%

-9.9%

-37.2%

-24.0%

-8.7%

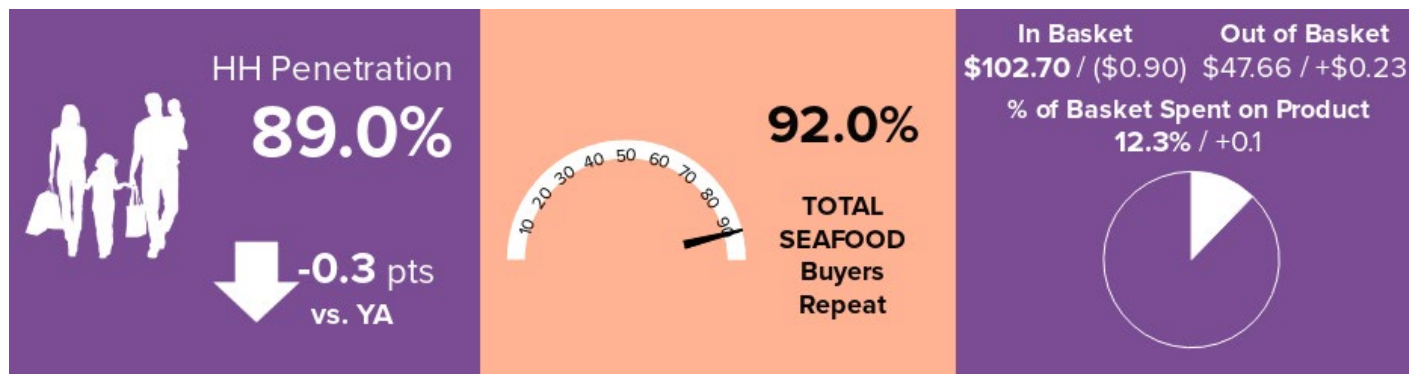
# Where We Shop Seafood Continues to Shift

Seafood is growing in club and online channels – brands must optimize for these formats.

Circana research revealed top growth retailers were **focused** – either premium, variety or price – not all things all at once. Food continues struggle while Club capitalize on value propositions.

Fresh Foods Channels	% of YTD 2025 Seafood Sales	% Contribution to Market \$ Growth	Fair Share
Food Traditional	43.0%	-8%	-19
Food Natural	3.0%	3%	97
Food Value	7.5%	24%	322
Mass	13.9%	15%	106
Club	21.8%	38%	176
Internet	3.8%	20%	528
Specialty Stores	3.3%	4%	134
Other	3.7%	4%	96

# Seafood has a high retention rate with 92% of buyers repeating purchases



BUY RATE (\$)

**\$214.21**

3.1% vs. LY



BUY RATE (UNIT)

**33.44**

4.1% vs. LY



TRIPS / BUYER

**17.0**

3.4% vs. LY



\$ / TRIP

**\$12.60**

-0.2% vs. LY



UNIT / TRIP

**1.97**

0.7% vs. LY



PURCHASE CYCLE

**51 DAYS**

0.8% vs. LY

**Seafood has high repeat rates – loyalty is a strength to build on.**

Circana: Integrated Fresh Scan Panel, Total Seafood, Total US All Outlet, 52 WE 9/7/2025

# Seafood needs to engage with the growing buying power of Gen Z and Younger Millennials



	Gen Z & Younger Millennials	Older Millennials (Born 1981 – 1989)	Gen X (Born 1965 – 1980)	Younger Boomers (Born 1956 – 1964)	Older Boomers (Born 1946 – 1955)	Seniors & Retirees (Born Before 1946)
Total Seafood						
% HH Buying	<b>84.2%</b>	87.2%	89.1%	92.0%	92.7%	92.0%
% HH Buying vs. YA	<b>-0.6%</b>	-0.5%	0.0%	0.0%	-0.2%	-0.2%
\$/Buyer	<b>\$168.25</b>	\$194.29	\$215.97	\$239.77	\$251.34	\$224.88
\$/Buyer vs. YA	<b>+11.4%</b>	+6.0%	+0.6%	+2.2%	+2.5%	+0.6%
\$/Trip	<b>\$12.63</b>	\$13.21	\$13.02	\$12.39	\$12.03	\$11.55
\$/Trip vs. YA	<b>+3.1%</b>	+0.1%	-1.1%	-1.8%	-0.4%	+1.3%
\$ Index	<b>73</b>	88	101	117	124	109



**Seafood manufacturers need to seek out the younger generation as they are consuming less than their fair share**

# Top seafood buyers drive disproportionate value — targeting them is essential for growth



**89.0% of households purchase Total Seafood, but the top 10% of seafood purchasers are very important**

**40%**

of total seafood dollars are spent by the top 10% of seafood purchasers

**28%**

of total product trips are made per year by the top 10% of seafood purchasers which is 50% of the top 30%

**1/3**

1/3 of the total seafood units are purchased by the top 10% of seafood purchasers



*Circana: Integrated Fresh Scan Panel, Total Seafood, Total US All Outlet, 52 WE 9/7/2025*

Circana, LLC | Proprietary and confidential 45

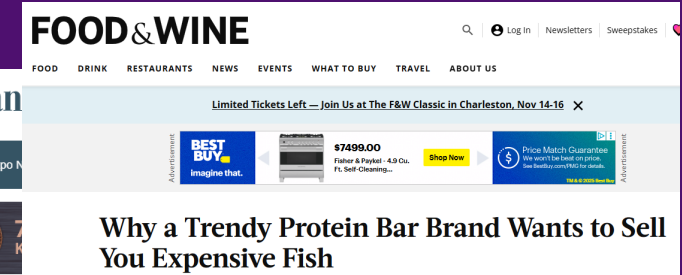
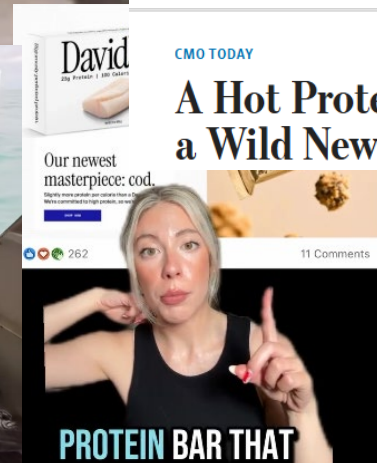
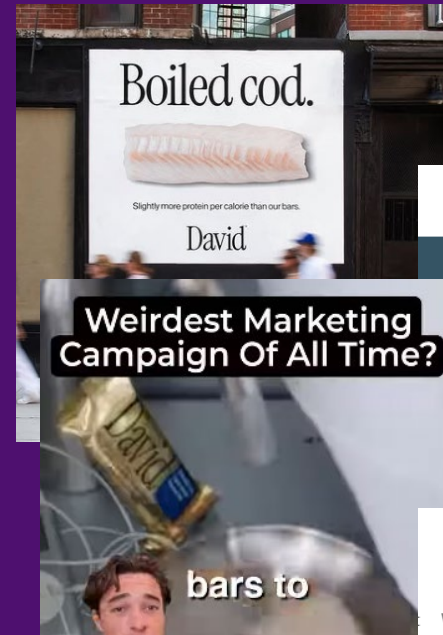
\*Total Seafood = Refrigerated Seafood, FZ Seafood, SS Seafood, Deli Prepared Seafood, and Sushi

# What's Working?

# Cod blew up the Internet...and it was done by a protein bar company



The Protein Bar company's goal is to showcase the fish fillets as the only other product with more Protein-to-Calorie ratio



July 17, 2025  
Protein bar company offers Pacific cod fillets



CMO TODAY  
A Hot Protein Bar Company Has Added a Wild New Product: Frozen Cod Fillets

MARKETING  
**I bought (and cooked) the David Cod**  
When David, the protein bar company known for its extremely minimal ingredients and aggressive marketing, dropped a frozen cod fillet, I knew I had to try it.

# Emerging Seafood formats

Growth in Global & Mixed Seafood Dishes in Foodservice

**Sushi** and **shrimp** show modest growth, especially at breakfast & mixed dishes.

Seafood sandwiches remain steady:

- Fried Fish: **0.4** occasions
- Tuna Salad: **0.3** occasions

QSR seafood indexed at **103**, indicating slight upward momentum.



# The Deli Disruption: Breakout Growth Story

Prepared seafood in deli is **emerging** as the next frontier

 **Double-digit** growth in deli seafood trays and entrées across nearly every U.S. region.

 **#4 fastest-growing** category in all of food & beverage – behind only eggs, cottage cheese, and yogurt.

 **41%** of adults are **increasing** protein intake – led by Gen Z & Millennials seeking clean-label, sustainable options.

 With **73%** of meals prepped in under **30 minutes**, bite-sized seafood fits the fast-meal lifestyle perfectly.

 Retailers are **expanding** multi-serve and snack-pack seafood.



**Products like Grouper and Cod bites are the perfect deli solution – wild-caught, protein-packed, and tailor-made for today's grab-and-go consumer**

# In the U.S. – the future winning spots for Seafood

## READY TO EAT

Expanding!



## KROGER & DELI OF THE FUTURE

4x  
regular  
space!



# In U.S. retail, seafood shelf space is growing in non-traditional areas

## 3 New Offerings Emerging in Club stores



# How can Seafood win in Deli?


- **Deli is a Growth Engine**
  - Perimeter aisles outperform overall food growth
  - Consumers demand fresh, convenient, grab-and-go meals
- **Seafood Category Potential**
  - 89.0% of U.S. households buy seafood-related products, \$24.1B in sales
  - Deli sushi and seafood-based meals are growing niches
- **Ready Meals Taking Shelves by Storm**
  - Turnkey, ready-to-heat solutions drive deli success
  - Example: Shrimp Scampi RTH Ready Meals
- **Brand Synergy Creates Incremental Growth**
  - Giovanni Rana Stuffed Lobster Pasta = premium Italian experience
  - AFC Poke Bowl = health-conscious, adventurous appeal
- **Health & Sustainability Trends**
  - Seafood = lean protein, omega-3s, clean label
  - Gen Z & Millennials prioritize sustainable seafood




# Why Seafood in Deli works


## **Portion Control & Convenience:**

Products like grouper bites are easy to cook, portion, and serve—perfect for busy households and on-the-go lifestyles.

 **Flavor Versatility:** Seafood offers a unique flavor profile that pairs well with global seasonings, sauces, and breading.

 **Health Halo:** High in protein and low in saturated fat, with all essential oils.

 **Retail Flexibility:** Can be sold frozen, refrigerated, or ready-to-eat. Great for club, grocery, and e-commerce.

 **Sustainability Storytelling:** Brands can leverage traceability and responsible sourcing to build trust and loyalty.



# Thank you

**Chris DuBois**

EVP – Fresh Foods Practice Leader

[chris.dubois@circana.com](mailto:chris.dubois@circana.com)

+1-312-342-8916

