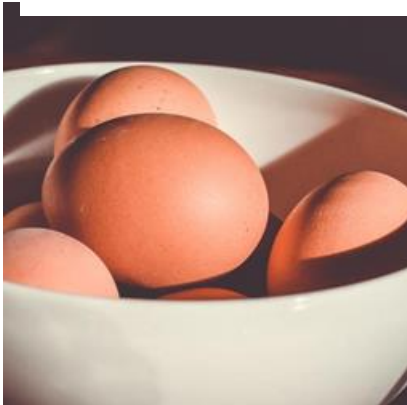


VEGETARIAN, VEGAN AND FREE-FROM INDUSTRY GUIDE

Updated July 2020



This is a guide to some of the resources available within the Business & IP Centre relevant to the Vegan and Vegetarian industry.

Inside you will find sources of information such as market research (statistics, trends, developments), key companies, trade magazines, newsletters, and Internet sources.

This guide will be useful to anyone starting a business within the vegan or vegetarian industry and also for those wanting to further their knowledge within this area.

Start-Up Information



accessible via
electronic
databases

The Cobra database contains practical fact-sheets on all aspects of starting, running and managing a small business – including information on writing business plans, marketing, company structures etc.

It also covers the practical aspects of how to start and run particular types of businesses – outlining necessary skills, regulations, licences and legislation etc. and highlights other sources of information and advice available.

Available online at www.askaboutbusiness.org with a Manchester library card (also available to library card holders from Blackpool, Bolton, Lancashire, Oldham, Salford, Stockport, Tameside, & Trafford libraries)

Business Opportunity Profiles (BOP)

Dietitian	BOP555
Greengrocer	BOP136
Health Food Shop	BOP011
Herbalist	BOP335
Restaurant	BOP021

Mini-Business Opportunity Profiles (MBP)

Raw Food Café	MBP121
Vegetable Box Scheme	MBP154
Vegetarian/Vegan Restaurant	MBP181
Homemade Soup Producer	MBP251

Sector Updates

Food and Grocery Retail	SEC008
Restaurants and Foodservice	SYN092

Small Business Help Books



Good money edited by Jonathan Self (Head of Zeus Ltd, 2017)

An account of authors own experiences of a successful ethical business start-up.

Market Research & Statistics

If you are planning on starting a business you will need to be aware of the latest trends, developments and opportunities within your industry which can all be found from market research.

Market research also covers market size and forecasts, consumer demographics and attitudes, the key players and products and will often include SWOT and PEST analysis showing areas of strength, weakness, opportunities etc.



- **Full-Service Restaurants – UK Market Research Report (2019)**
- **Grocery Wholesaling – UK Market Research Report (2019)**
- **Meat Product Manufacturing – UK Market Research Report (2019)**



- **Attitudes towards Healthy Eating – UK – February 2019**
- **Perceptions of Vegan Meals – UK – January 2019**
- **Attitudes towards Sports Nutrition – UK – August 2019**
- **Colour Cosmetics – UK – May 2019**
- **Consumer Snacking – UK – May 2019**
- **Cheese – UK – October 2019**
- **Desserts – UK – April 2019**
- **Eating Out: The Decision Making Process – UK – July 2019**
- **Ethnic Restaurants and Takeaways – UK – February 2019**
- **Free-from Foods – UK – December 2018**
- **Health Food Retailing – UK – March 2018**
- **Ice Cream - UK – November 2018**
- **Lifestyles of Generation Z – UK – September 2019**

- Meat-free foods - UK - November 2019
- Menu Trends – UK – January 2020
- Natural, Organic and Ethical Toiletries – UK – December 2017
- Pet Food – UK – September 2019
- Ready Meals and Ready to Cook Foods – UK – July 2019
- Specialist Food and Drink Retailers – UK – March 2019
- The Millennial BPC Consumer – UK – November 2018
- World Cuisines



- New Concepts in Consumer Foodservice: Next-Gen Technologies
- Consumer Health in The United Kingdom
- Going Vegan for Weight Loss and Heart Health
- Healthy Living
- Meat Substitutes Going Mainstream in Germany: A New Era of Vegetarian Products?
- Naturally Healthy Packaged Food in The United Kingdom
- Raw Food, Protein and “A Little Bit Vegan” Cafés/Bars in the United Kingdom
- Supplements sector sprouts vegetarian variants
- Vegetarianism and Other Meat-Restricted Diets
- Top 5 Countries with the Largest Vegetarian Populations

Other electronic resources:

Many articles about this industry (from business journals and newspapers) are available from our electronic source **Newsbank**.

Contact details and individual reports of companies in this industry are available from:

Creditsafe; Experian; D & B Hoovers.

Directories

Contain lists of companies and industry contacts. Some have annual industry reviews, and specialist articles.



The Grocer: Directory of Manufacturers & Suppliers 2019 (William Reed Business Media Ltd) [(B) DIR 380.1456402541 BUS]

Directory of food and drink manufacturers and suppliers; also has a list of food and drink products and a brand index.

www.grocerdirectory.co.uk/

Internet Sources

Websites containing free sources of industry statistics, information and contacts.

Just Food

A website providing access to reports, news and event information from all sectors of the food industry. Includes an international directory of products and suppliers.

www.just-food.com

UK Hospitality

Represents the broad hospitality sector – covering everything from bars, coffee shops, contract catering, hotels, nightclubs, visitor attractions and other leisure venues.

[www.ukhospitality.org.uk/?](http://www.ukhospitality.org.uk/)

The Food Standards Agency

An independent Government department that provides businesses with news, reports, guidance and information in relation to food safety.

www.food.gov.uk

The European Snacks Association

Concerned with the development and improvement of potato chips, edible nuts and snack food products in Europe.

www.esasnacks.eu/

Big Hospitality (Formerly Restaurant Magazine)

This is a trade publication aimed at owners and managers of restaurants that features trade news, updates and reviews.

www.bighospitality.co.uk/Sectors/Restaurants

The Vegan Society

Registered educational charity, providing guidance, information, and facts on all things vegan.

www.vegansociety.com/

Statista

A provider of market and consumer data.

www.statista.com/

Plant powered Success

Inspiring Vegan Start-up Ideas.

www.plantpoweredsuccess.com/5-inspiring-vegan-startup-ideas/

Vegconomist

Global vegan business magazine showing trends, companies, market reports, entrepreneurs and start-ups <https://vegconomist.com/>

Startups

Provides ideas for plant based foods.

<https://startups.co.uk/business-ideas-plant-based-foods/>

The Food Foundry

Support and expertise for a successful business.

<https://thefoodfoundry.uk/>

Plant Based news

Latest plant based news from around the world on food trends, product launches and interviews.

www.plantbasednews.org/

Please note that every effort has been taken to ensure the accuracy of the information contained in this document, however some recently acquired items may since have been added to the collection.



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