

Business &
IP Centre
Network



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INDUSTRY GUIDE VEGETARIAN VEGAN & FREE FROM

Vegetarian, Vegan & Free-From Industry Guide

This guide is designed for anyone starting or running a business related to the Vegan, Vegetarian and Free From Industry.

We have highlighted some of the key resources about the Vegan, Vegetarian and Free From Industry that you can find at the Business & IP Centre such as general research (statistics, trends and developments), key companies, trade magazines and newsletters.

All you need is a free Reader Pass.

About the Business & IP Centre (BIPC)

The Business & IP Centre is here to help you start and grow your business. We offer one to ones, specialist workshops, inspiring events and access to premium market data and intelligence – all for free. We are home to the UK's largest collection of business and intellectual property (IP) information, as well as a thriving community of entrepreneurs. Based in the British Library and over 70 libraries across the UK.

Here to help

If you have any questions, our information specialists at the Business & IP Centre will be happy to help. You can pop into the BIPC reading room on the first floor in the British Library, or email one of the team at bipc@bl.uk

Updated September 2024

A Miller

bl.uk/bipc

 [linkedin](#)

 [Instagram](#)

Start-Up Information



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.

Accessible via electronic resources.

Sector Updates (SEC)

Food and Grocery Retail	SEC008
Hair and Beauty	SEC003

Industry Snapshots (SYN)

Foodservice	SYN010
Hair and Beauty	SYN002

Business Opportunity Profiles (BOP)

Dietitian	BOP555
Health Food Shop	BOP011
Herbalist	BOP335
Restaurant	BOP021
Natural Skincare Maker	BOP570
Chocolatier	BOP279
Artisan Biscuit Maker	BOP141
Fast Food Takeaway	BOP085
Street Food Trader	BOP086

Mini Business Opportunity Profiles (MBP)

Vegetarian/Vegan Restaurant	MBP181
Homemade Soup Producer	MBP251
Green Cleaning Products Supplier	MBP294
Organic Beauty Salon	MBP194
Organic Cosmetics Retailer	MBP296
Artisan Ice Cream Producer	MBP244

Business Information Factsheets (BIF)

An Introduction to Food Safety Legislation	BIF425
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Sources of Business Information (SOU)

Soil Association Certification (organic)	SOU0092
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Market Research and 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.



EMIS

EMIS is a research database covering markets research, data and news for international markets, companies, and industries.

- Global Vegan Cheese Market (2024-2028)
- Global Food Intolerance Products Market - (2024 - 2028)
- Plant Based Meat Market Analysis And Segment Forecasts To 2030
- Global Soy and Milk Protein Ingredients Market - (2023 - 2027)
- Global Plant Protein Market - Growth, Trends and Forecast (2022 - 2027)
- Global Lactose Free Dairy Products Market (2023-2029)
- Dairy Alternatives Market Analysis and Segment Forecasts 2022-2030
- Global Potato Protein Market (2024-2028)
- Global Meat Substitute Market (2024-2028)

Please note that EMIS has a large series of vegan, vegetarian and free from industry, articles and statistics from countries around the world



GlobalData

GlobalData is a market research platform that offers consumer and retail information and trends, and actual and forecast sales data for Fast Moving Consumer Goods businesses.

- Opportunities in the Global Meat Substitutes Sector 2024
- What are the biggest trends in beverages?

- Plant-based food and drink brands must deliver innovations to meet consumers trends
- Green Cola and Chitos form UK-headquartered better-for-you joint venture
- Consumer Survey Insights: Plant-Based Meat, Poultry, and Seafood Alternatives
- Consumer Survey Insights: Plant-Based Dairy Alternatives
- Opportunities in the Global Dairy & Soy Food Sector 2023
- Opportunities in the Global Make-Up Sector 2023
- Opportunities in the Global Hot Drinks Sector 2023

Please note that GlobalData has access to specific categories of consumer product data that include breakdowns of vegan, vegetarian and plant-based products



IBISWorld

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. IBIS World provides trusted industry research on thousands of industries worldwide. Their analysts leverage economic, demographic and market data, then add analytical and forward-looking insight, to help organizations of all types make better decisions.

- Meat Product Manufacturing in the UK- Market Research Report (2024)
- Chocolate & Confectionery Production in the UK (2024)
- Bread & Bakery Goods Production in the UK (2024)
- Prepared Meal Manufacturing in the UK (2024)
- Butter & Cheese Production in the UK (2022)
- Bakery, Confectionery, Pasta, Prepared Meal & Other Food Product Manufacturing in the UK (2024)
- Grain Milling in the UK (2024)
- Non-Dairy Milk Production in the UK (2024)
- Starch Product Manufacturing in the UK (2024)
- Fruit & Vegetable Processing in the UK (2024)

(Some of the UK reports above will also have equivalents for the US, Canada, Ireland & some other countries)



Mintel

Mintel provides market research and consumer intelligence solutions to consumer-focused businesses with a combination of syndicated tools and custom insight solutions.

- Attitudes towards Healthy Eating – UK- May 2024
 - Menu Trends - UK – March 2024
 - Attitudes towards Gluten-/Wheat-Free Food - UK - 2023
 - Free-from Foods - UK - February 2022
 - Attitudes towards Cooking in the Home - UK - 2024
 - Colour Cosmetics - UK – June 2024
 - Cheese - UK – November 2023
 - Desserts - UK - January 2023
 - Eating Out Review - UK - January 2024
 - Ethnic Restaurants and Takeaways - UK - April 2023
 - Meat substitutes - UK – January 2023
 - Processed Poultry and Red Meat Main Meal Components – UK – 2023
 - Dairy and Dairy Alternative Drinks, Milk and Cream – UK – 2024
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Passport Euromonitor International

Passport Euromonitor International is a market research platform offering industry data, consumer insights and macroeconomic trends from over 200 countries around the world.

- Eating plant-based alternatives: limiters vs. Vegans
- The Rise of Vegan and Vegetarian Food

- World Market for Health and Wellness
 - New Frontiers in Healthy Food and Beverages
 - Away From Animals: Plant-Based, Cell-Cultured and More
 - Redefining Dairy and Alternatives Through Innovation
 - Facing Plant-Based Challenges: Health, Price and Taste
 - Plant-based Foods Face Key Challenges
 - Niche Concern or Major Opportunity? The Rise of Plant-Based Snacking
 - Innovation in Dairy Products and Alternatives
 - The Rise of Free-From Packaged Foods in Western Europe
 - What's New in Plant-Based Dairy and the Future of Animal-Free
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Statista

Statista is a global data and business intelligence platform with an extensive collection of statistics, reports, and insights on over 80,000 topics from 22,500 sources in 170 industries.

There are usually similar titles for other countries on Statista along with stand-alone statistics and surveys

Trade Magazines and Journals

Useful for gaining inside knowledge, recent trends, industry news, company profiles, reviews of new products and services. Some contain annual reviews and company contact lists. Mostly available on open shelves in the Business & IP Centre reading room; older issues may be ordered via Explore the British Library (please ask for help).



Vegan trade journal: plant-based business news for the food industry (Prime Impact Events & Media)

[ZK.9.a.15569 – Must be ordered from Boston Spa]

Practical information and insight for businesses which Includes news, special reports, product recommendations as well as interviews from those experienced in the industry. This magazine is for anyone working within the retail, hospitality and the catering industry.

vegantradejournal.com



International Sandwich & Food To Go (J&M Group/The British Sandwich Association)

(Formerly International Sandwich & Snack News)

[(P) HQ 91 – E(22) Science 2 open access]

News and comment on food trends, food hygiene and new products. Includes suppliers' directory etc.

sandwich.org.uk



Snacks Magazine (Quarterly) Journal of the European Snacks Association. (Tudored)

[(P) HQ 91 – E(20) Science 2 open access]

New product news, technology review, product licensing, savoury and sweet snacks, crisps, nuts, popcorn, ethnic snacks, regulations, market profiles etc. Detailed buyers guide for Europe.

thesnacksmagazine.com
esasnacks.eu/snacks-magazine



**The Vegan - the Vegan Society magazine
(Leatherhead)**

[PP.1146.cd – General Reference Collection]

Registered educational charity providing information and guidance on everything vegan.

vegansociety.com



**New Food: The quarterly business review of new
technology for European food & drink manufacturers
by Russell**

(2019)

[(P) HP 173 -E(12) – Science 2 open access]

For over two and a half decades, New Food has been a key multimedia resource for the global food and beverage industry, acting as a source of information and a forum for discussion.

Through a variety of media, including a quarterly print issue, online articles, podcasts and global events, New Food ensures that every corner of the food and beverage industry is represented, from farm field to supermarket shelf.

newfoodmagazine.com



**Health Food Business
by Ugley Green (2019)**

[(P) HQ 91 -E(23) – Science 2 open access]

Leading trade magazine for independent health food retailers

healthfoodbusiness.co.uk

Business News and Journals



Factiva

In order to find the latest news on your topic it is always worth searching Factiva, Business Source Complete and EMIS.

Business Source Complete

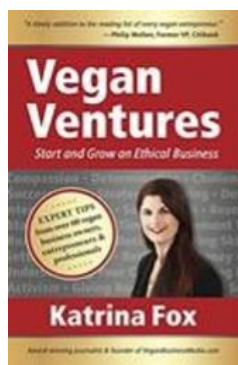
You will find articles from specialist business and academic journals, as well as newspapers and magazines. You may also find market research reports and case studies. As well as profiles of leading industry figures.

EMIS

You will also find articles covering recent developments and predicting future trends in your industry.

Small Business Help Books

This is a collection of books with practical information aimed at those starting and running a business. Located in the Centre, unless otherwise stated.

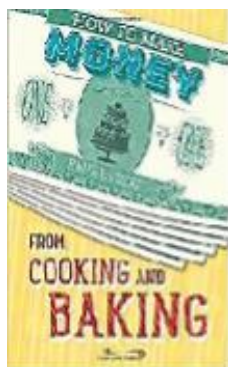


Vegan Ventures by Katrina Fox

(Vegan Business Media, 2015)

[SBH. BT.199]

A guide on how to start and grow a business run on vegan principles. Featuring insights and advice from over 60 vegan business owners, entrepreneurs, marketing, PR and business growth professionals in the US, Canada, UK and Australia.

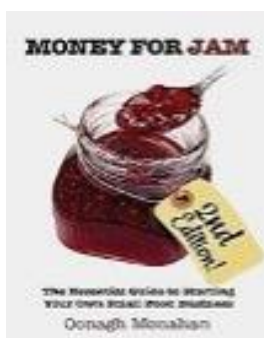


How To Make Money from Cooking and Baking by Rita Storey

(Franklin Watts, 2017)

[SBH BT.52]

Basic guide covering all the key points, tips and tricks required to start and run a profitable food enterprise. Possibly aimed at a younger audience but clarifies all the stages and requirements clearly and precisely. Areas covered include designing brand images, conducting market research, writing a business plan and publicity and marketing.

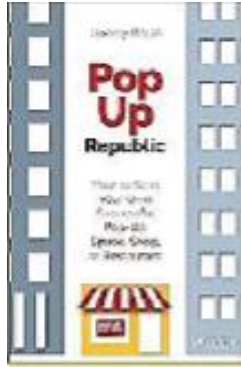


Money For Jam: The Essential Guide To Starting Your Own Small Food Business by Oonagh Monahan

(Oak Tree Press, 2017)

[SBH BT.172]

For those starting a food business. Covers latest updates in legislation, registration requirements, labelling, packaging, suppliers, distributors and emerging trends and includes many case studies of successful food businesses.



Pop up Republic: How To Start Your Own Successful Pop-up Space, Shop or Restaurant by Jeremy Baras

(Wiley, 2016)

[SBH BT.88]

A guide to launching your own successful pop-up through stories, examples, anecdotes, and case studies. Includes permits, insurance, and licenses that are needed to run a pop-up, and more. Written from a US perspective.

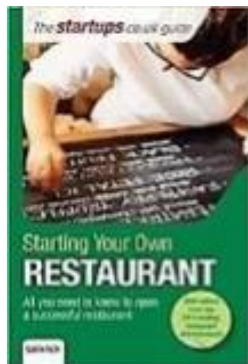


Start And Run a Sandwich & Coffee Shop by Jill Sutherland

(How To Books, Oxford, 2009)

[SBH BT.106]

A stage-by stage guide to planning, opening and establishing a sandwich and coffee shop. Practical advice, tips, real-life examples, checklists etc.



Starting Your Own Restaurant by Sara Rizk

(Crimson, 2008)

[SBH BT.123]

Comprehensive step by step guide to starting a restaurant and making it a success. Covers finding and furnishing premises, licenses required, finding good suppliers, managing restaurant staff, attracting customers etc. With practical advice from successful restaurateurs.



Start Your Own Speciality Food Business by Cheryl Kimball

(Entrepreneur Press, 2016)

[SBH BT.112]

American publication with useful information covering business planning, market research, locations, promotions, social media, daily operations, accounting and cash flow, employees etc.



Good money edited by Jonathan Self

(Head of Zeus Ltd, 2017)

[SBH. STAR.1]

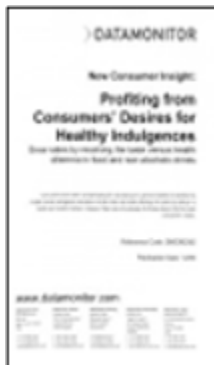
An account of authors own experiences of a successful ethical business start-up.

Other Market Research Reports



Food allergies and Intolerances: consumer perceptions and market opportunities for 'suitable for' and 'free-from' food
(Leatherhead International Limited, 2011)

[YK.2018.b.960] Must be ordered using the Catalogue - Explore the British Library



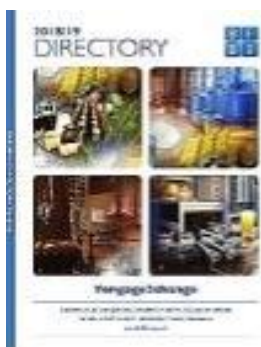
Profiting from consumers' desires for healthy indulgences : grow sales by resolving the taste versus health dilemma in food and non-alcoholic drinks; new consumer insight
(Data monitor, 2005)

[YD.2013.b.720]
Must be ordered using the Catalogue- Explore the British Library

Provides an analysis on the evolving nature of consumer eating and drinking patterns between healthy and indulgent occasions

Directories

Contains lists of companies and industry contacts. Some have annual industry reviews and specialist articles. Included here are directories that have been published from 2014 onwards. Earlier directories may also be found on open shelves in the Directories section in the Business & IP Centre reading room.



The BFBi Directory 2024-2025 (The Brewing Food & Beverage Industry Suppliers Association)

[(B) DIR 338.47663 BUS]

Industry handbook listing worldwide suppliers of products and services for the brewing, food and beverage industry. Also available free online.

bfbi.org.uk/bfbi-directory



Frozen & Chilled Foods Yearbook (Sherwin Publications Ltd)

[(B) DIR 338.766402850941 BUS]

Buyers guide for the frozen and chilled foods industry. Gives an alphabetical list of companies with suppliers of catering and retail products.



International Sandwich & Food to Go News Annual Trade Directory 2021 (J & M Group)

[(B) DIR 338.47664602941 BUS]

Guide to companies and services in the convenience food industry.



**Specialty Food - The Directory
(Aceville Publications Ltd)**

[(B) DIR 664.002941 BUS]

Guide to companies supplying speciality and delicatessen food. Includes baking, confectionery, ready meals, snack foods, drinks etc.

specialityfoodmagazine.com/directory



**The Grocer: Directory of Manufacturers & Suppliers
(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.

grocerdirectory.co.uk

Internet Sources

Websites containing free sources of policy, 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.

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.

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.

food.gov.uk

The European Snacks Association

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

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.

bighospitality.co.ukSectors/Restaurants

The Vegan Society

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

vegansociety.com

Novozymes

Enhance Plant-Based Foods — Discover better plant-based foods and drinks with our enzymatic biosolutions. Enzymes for perfect taste, texture, and nutrition in plant-based proteins

[novozymes.com](https://www.novozymes.com)

Vegconomist

Global vegan business magazine showing trends, companies, market reports, entrepreneurs and start-ups

[vegconomist.com](https://www.vegconomist.com)

Vegworld Magazines

Online publication specialising in plant-based foods, lifestyles, and news.

[vegworldmag.com/magazines](https://www.vegworldmag.com/magazines)

Plant Based News

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

[plantbasednews.org](https://www.plantbasednews.org)

The Food Foundry

Support and expertise for a successful food business.

[thefoodfoundry.uk](https://www.thefoodfoundry.uk)

Disclaimer

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. Please ask for help at the enquiry desk or check the online catalogue "Explore the British Library" explore.bl.uk for more details.

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