Spain's produce consumption rises

Fruit and vegetable spending grows 4 per cent during the first five months of the year

The consumption of fresh produce in Spanish homes showed a slight recovery through the opening five months of 2019, growing 1 per cent on the same period of the previous year to 3.12m tonnes, with Fepex reporting "positive growth rates" for a number of different products.

According to data released by the Panel on Food Consumption, part of the Ministry of Agriculture, Fruit and vegetable spending grew 4 per cent year-on-year, totalling just under €5bn.

Fruit consumption climbed 2.2 per cent for January-May, with spending up 1 per cent to €2.6bn, driven by products such as strawberries and apples in particular.

Vegetable consumption remained fairly flat, rising just 0.2 per cent, although spending grew 5.1 per cent on the previous year, with tomatoes and onions the standout products.

"For Fepex, the behaviour of the consumption of fruits and vegetables, in stable markets, reflects the growing sensitivity of society towards the maintenance of a healthy diet, in which the intake of fruits and vegetables is repeatedly recommended by the health authorities of WHO, FAO and the Ministry of Health," Fepex outlined. "Evidence also points to the contribution of the fruit and vegetable sector to health maintenance, in addition to the multiple social and economic benefits it generates."