



SUOMI
FINLAND

THE SMART TASTE OF NATURE

Sustainable food from generation to generation

Photo: VisitKarelia/Harri Tarvainen



The four distinct seasons, with long winters and an intense summer growing period, provide a unique way of producing food.



Photo: Katri Lehtola



SUOMI
FINLAND

**Plants thrive with
abundance of light and
grow pure and tasty
ingredients.**



Sustainable innovations are at the heart of Finnish food production.

Today this innovativeness can be seen in vertical farming under LED lights and in new foods such as plant-based products.



Photo: Robbes Lilla Trädgård



Finnish food innovations are an important part of Finland's contribution to a sustainable future for the planet.

Finland aims for the most transparent, responsible and safe food chain in the world.



Photo: Sherpa



Examples of pioneering work

Use of antibiotics in food production is among the lowest in the world.

Salmonella in food is virtually non-existent due to Finland's unique control programme.





Finns have created tasty lactose-free and gluten-free products.

Finns are also constantly searching for new ways to increase sustainability.



Photo: Laura Riihelä/Business Finland



Free school meals are a social innovation first introduced to the world by Finland in 1948.



Photo: MMM/Viestintävalkea Oy



SUOMI
FINLAND

From a creative restaurant culture to adventurous home kitchens, new ideas grow from Finland's northern fields, forests, lakes and the sea.



Finland focuses on sustainability and minimising the environmental impact – but Finns never compromise on taste.



Photo: Pia Inberg

For Finns food is a great show of love with heritage and clever new ideas as special ingredients.

