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
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.
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.
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.
Free school meals are a social innovation first introduced to the world by Finland in 1948.
From a creative restaurant culture to adventurous home kitchens, new ideas grow from Finland’s northern fields, forests, lakes and the sea.

Photo: Haaga-Helia AMK / Jamo Katila
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.