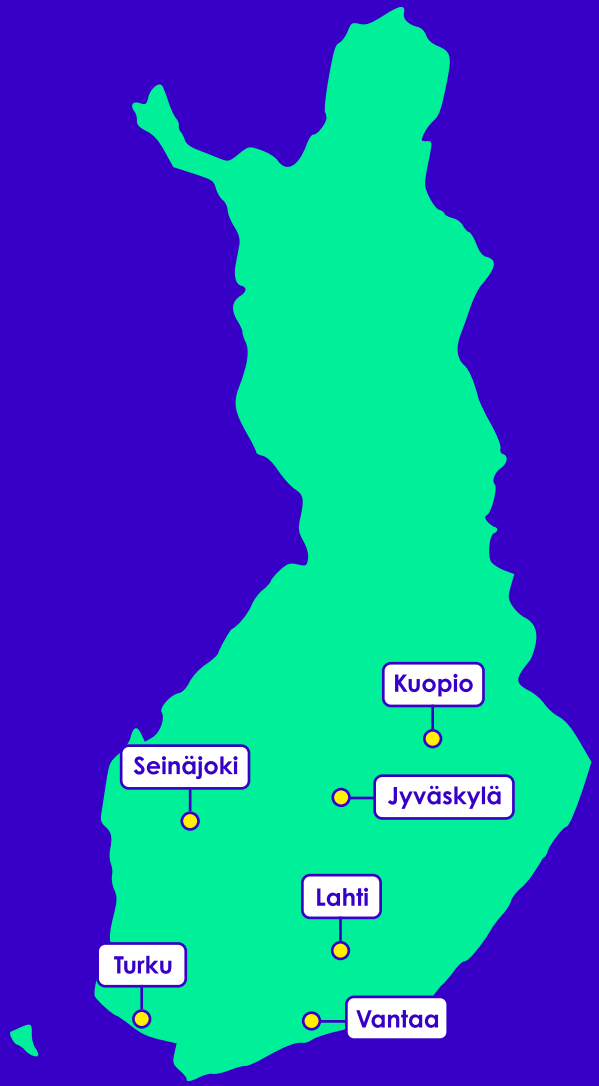
innocities | Food Export

Finland has an appetite for food export

Six Finnish cities set their sights on the world’s dinner tables



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Finland aims to double its food exports by 2031. FinFoodNet is a network project built to help get there. It helps companies across the Finnish food chain export and grow internationally by bringing together companies, cities, and research and innovation partners to turn Finnish food into a major export on the world's food markets.

Seinäjoki. Finland's food capital and the city leading FinFoodNet. One of the country's biggest food clusters including the entire chain from farm to fork.

Jyväskylä. a centre for bioeconomy innovation. Jyväskylä is a centre for bioeconomy and biocircular economy expertise and home to the BioBoosters Accelerator at JAMK. BioBoosters can offer the project a platform for innovation challenges and co-creation, for example to develop new solutions across the food value chain.

Kuopio. A food valley for nutrition-driven innovation. Premium berries and nutrition science drive next-generation functional foods.

Lahti. Päijät-Häme is one of the leading Finnish food production regions, combining the expertise of the Päijät-Häme Grain Cluster with the pure groundwater of the Salpausselkä ridges.

Turku. Offers an impressive RDI ecosystem ranging from scientific & applied research to versatile testing platforms to support product development.

Vantaa. Finland's launchpad to the world. Northern Europe's long-haul hub between Europe and Asia, moving food worldwide in hours.

72%

of exports go to the EU

€550M

in dairy, the largest product category

€4.5bn

target by 2031

Why Finland?

Finland is one of the safest food countries in the world. Our northern location, a way of working built on responsibility and traceability, and very low levels of animal disease keep quality high. Strong research and working export promotion structures give us a solid base for growing Finnish food exports.

The food is safe, and it tastes good. Clean air and clean water are part of the reason. We know our production chains from field to table. Hard winter frosts clean the soil and kill off pests, so cultivation needs far fewer pesticides, and our organic farms use no chemical pesticides at all. That lets the grain's own clean flavour come through.

As a small country, Finland does not compete on mass production but on innovation grounded in science, quality and responsibility. Long, light summer nights make plants build up exceptional levels of flavour, aroma compounds and antioxidants. That is why Finnish wild berries and oats are drawing interest as health foods worldwide.

FinFoodNet, the "Finnish Food Cities and Regions" Network, works to take Finland out into the world alongside companies, researchers and cities. There is plenty left to do, but the belief is strong: responsible, authentic and safe Finnish food will find its place on tables around the world.

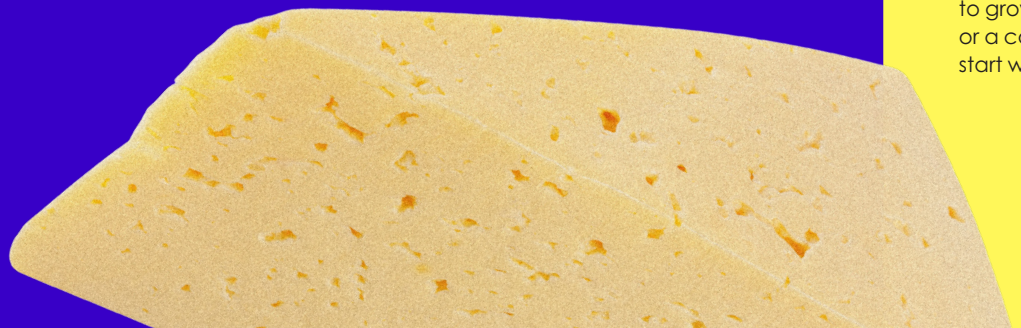
What is already happening?

Key players around the same (food) table. Food companies, RDI partners, and cities have been brought together to work out how Finland can double its food exports.

Practical tools for exporting. Not just talk. Guidance and training on how companies take their first steps into international markets, built on the strengths each one already has. Working with the Ministry for Foreign Affairs is opening doors to events and meetings in priority target markets.

A new wave of Finnish food ideas is already turning heads abroad. One method makes protein out of thin air. Another grows egg white without the hen. And these aren't stuck in the lab. A Finnish animal-free egg protein has cleared the US Food and Drug Administration, and the first commercial-scale plants are already running in Finland.

FinFoodMap. A digital tool connecting food companies with R&D services and export partners.



Collaboration? That's what we do best.

The food expertise is here. The food is here. The hunger to grow is here. If you're a city developer, a researcher, or a company that wants to build with Finland, you can start with us.

InnoCities create opportunities for urban developers, businesses and researchers to develop, come together and brainstorm.

The aim of InnoCities is to strengthen the expertise and collaboration of urban areas, to create international-level innovation and experimentation environments and to create new business ecosystems.

Together, 18 cities are making Finland the most innovative country in the world.

Learn more about what they do at:
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Co-funded by the European Union