

Travelling to Finland?

Before your journey, you should be aware that to prevent the spread of animal diseases

PERSONAL IMPORTS OF MEAT AND DAIRY PRODUCTS INTO FINLAND AND OTHER EU COUNTRIES ARE NOT ALLOWED!



You are strictly not allowed to take any meat or dairy products with you when travelling to Finland. There are no exceptions to the ban on meat and milk, whether brought by travelers or sent through the post, whether intended for personal consumption or consumption by others.

Controls to enforce the ban are carried out by Customs at border crossing points and airports

Finland and the EU restrict the import of the following products of animal origin:

- infant formula, infant food, and special foods and pet feed required for medical reasons. The maximum permitted import quantity is 2 kg. The products must be in the original unbroken packaging (unless in current use) that they were in for direct sale to the final consumer and must be storable at room temperature;
- fresh, prepared or processed fish, shellfish and fish roes subject to a maximum quantity of 20 kg,
- other products of animal origin, such as honey, frogs' legs, snails and eggs, for which the maximum permitted combined weight is 2 kg.

Importing the following foods, **if not mixed or filled with any meat products**, is allowed for personal use:

- pasta, such as noodles, dumplings with vegetable filling;
- bakers' wares such as bread, cakes, biscuits;
- confectionery, sweets, chocolate;
- food supplements packaged for the final consumer;
- meat extracts, meat concentrates, bouillons and spices packaged for the final consumer;
- any other food product not containing any fresh or processed meat or dairy and with less than 50% of processed egg or fishery products.

We strongly recommend that if you have visited farms or been in contact with pigs or wild boar, do not visit farms and refrain from contact with farm animals within the first 48 hours of entry into Finland.

Thank you for working together with us to promote animal and public health!

You can find more information on the Finnish Food Authority website.



**FINNISH FOOD
AUTHORITY**
Ruokavirasto • Livsmedelsverket



Ministry of Agriculture
and Forestry of Finland