



Our mission statement is to offer genuine Estonian food experiences with sustainable way.

Our motto is: "It's more than a tour, it's more than a meal - it is an experience!"

Food Sightseeing Estonia seeks to offer our clients and travellers a way to connect with the local community and experience a place through the eyes of a locals while promoting responsible & ethical tourism. As a tour conductor, we have a unique chance to share local knowledge with our guests, and also share tips and tricks on how to respect the natural and cultural environment of your city!

Food Sightseeing Estonia's aim is to support the locals and their communities as much as possible. Our team is doing its best to add community-based tourism and initiatives into our itineraries and our tour guides have an important role here too. We aim to bring our guests to local shops/restaurants instead of suggesting big chain restaurants, for instance. When guests want to purchase goods, we ensure it is a fair price also for the locals' work.

We strongly recommend limiting the use of single-use plastics including; plastic bottles, plastic bags, and other waste, and to teach our guests how to recycle in the area. It's important to try and avoid the issue of over tourism within the city by taking people more off the beaten path where possible. Therefore with our tour itineraries we aim to not follow the exact tourist route all others go on, but rather take side streets and view highlights from different angles.

Here is how we make our Food Tours more sustainable:

- All stores and restaurants included should sell locally produced food and be locally owned; we avoid taking guests to large chains.
- We prefer family-owned and minority-owned stores and restaurants.
- We don't include food that comes from any endangered animals or has been unethically produced.
- With our day-trips to the nature we bring cutlery from home or use reusable utensils to avoid having to use takeaway cutlery.
- We avoid plastic bags or wrapping unless really needed.
- We try to avoid food waste.
- We always have vegetarian alternatives prepared in order to substitute the menu when feasible.
- Where possible, we'll see if guests can fill up on water in restaurants instead of buying plastic water bottles
- We supply a list of locally owned restaurants for guests to enjoy after the tour