

Finn Ní Fhaoláin

Saltwater Stories



CONTACT DETAILS

T: + 353 86 2478683

E: finn@saltwaterstories.me

Instagram: [@saltwaterstories.me](https://www.instagram.com/saltwaterstories.me)

www.saltwaterstories.me



By the time she was 10, Finn Ní Fhaoláin had travelled the world with her parents: sailing past glaciers in Alaska, watching cobras dance in India, and surfing in Donegal.

These early experiences gave Finn a thirst for adventure, and she went on to study a degree in Ocean Science, and a Master's in Marine Biology.

During this time, a coeliac diagnosis at the age of 19 required Finn to radically change her diet and a new passion for cooking was ignited. Combined with her love of the ocean, she created a successful blog, Fins Fit Food in 2016 and published her first cookbook, Finn's World, in 2017.

Since taking part in ACORNS, she has rebranded Fins Fit Food as Saltwater Stories to cover all her passions: the ocean, food, surfing and conservation.

An avid surfer, Finn lives on the wild west coast of Ireland in her adopted home of Bundoran, Co Donegal, where she works as a private chef, marine scientist and food writer.

Finn is an ambassador for An Teagasc's Clean Coasts and Trilogy Skincare. She cooks for yoga and wellness retreats around the country, is a food judge in Ireland and the UK and creates recipes and content for some of the top publication and food companies in Ireland. This year, Finn was nominated for Forbes 30 Under 30 Europe, came runner up in Donegal's Best Young Entrepreneur and was part of a national Wild Atlantic Way campaign.

She's spent the summer of 2018 helping to launch her partner's new burrito bar, Burro Burro, in Bundoran and is planning to expand into her own premises and product line next year.

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.