

## **Air travel with Kefir Grains:**

1. Pack a zip lock bag with 1 or 2 Tbsp. live Kefir grains (without the milk). Then, put this inside a glass jar with a screw-on lid, so they will not be squished. They will be fine for about 1 day. Carry them in your carry on, or handbag, and they will pass security just fine. Just be sure to keep them away from heat and direct sunlight.
2. When you reach your destination, put them in the appropriate amount of milk and let them start culturing again.

If traveling overseas and you are concerned that it will take longer than one day to reach your destination, you can do the following. Follow step 1 above, and after you get on the plane, ask for some milk. Place your kefir grains in the milk (in your glass jar) and put it in your bag. From time to time you will need to unscrew the lid to let out the fermenting gases (so your jar will not explode!). If you have to change planes and go through security again, you can drink the milk, but not the grains and follow step 1 above again. (Be sure to take a mini-strainer along so you can easily separate the grains from the milk.)

