

Vacation Culture Checklist

A simple guide for keeping kefir grains happy and taking cultured foods on the road.

Gone One Week

- ☐ Place kefir grains in plenty of fresh milk.
- ☐ Use at least 2 cups milk for 1 tablespoon grains; 3 cups is better.
- ☐ Store in the refrigerator with a secure lid.
- ☐ When you return, strain grains and place them in fresh milk.
- ☐ The first batch may be slower as the grains wake up.

Gone Longer Than One Week

- ☐ Cover kefir grains completely in powdered milk.
- ☐ Use a secure food-grade container with a tight lid.
- ☐ Store the container in the freezer.
- ☐ When you return, thaw and place grains in fresh milk.
- ☐ Add Prebio Plus to help wake them up and give them a few batches.

Want Kefir While Traveling

- ☐ Take Easy Kefir packets instead of live grains.
- ☐ Pack or buy a clean jar when you arrive.
- ☐ Add milk and Easy Kefir to the jar and let it culture.
- ☐ Milk can be cold when you start.
- ☐ Use finished kefir to make another batch if needed.

Cultured Veggies

- ☐ Pack a small jar of cultured veggies.
- ☐ If flying, place them in checked luggage, not your carry-on.
- ☐ Put the jar inside a sealed plastic bag in case it leaks.
- ☐ Refrigerate them when you arrive.
- ☐ If driving, keep them in a cooler.

Easy Travel Culture Plan

- ☐ Leave live kefir grains safely at home.
- ☐ Bring Easy Kefir for fresh kefir on the road.
- ☐ Pack cultured veggies for quick probiotic meals.
- ☐ Keep it simple so you can relax and enjoy your trip.