

# Fats, Oils and Grease (FOG)

Fats, Oils, and Grease (FOG) come from meats, butters and margarine, lard, food scraps, sauces, salad dressings, dairy products, and cooking oil.

FOG poured down kitchen drains accumulates inside sewer pipes. As FOG builds up, it restricts the flow in the pipe and can cause untreated wastewater to back up into homes and businesses, and overflow into yards, streets and storm drains resulting in high costs for cleanup and restoration.

To prevent FOG from causing sewer clogs, scrape food scraps and grease into the trash, pour cooled liquids into a sealable container for disposal in the garbage, wipe pans with a paper towel before washing, and use sink strainers. Avoid pouring FOG down the drain or toilet, and never use a garbage disposal for fatty foods, as it only breaks them into smaller pieces.

Following these dos and don'ts will help you and your neighbors prevent costly sewer backups and repairs, while also protecting water quality in your community.

## Do

---

- Recycle used cooking oil or dispose of it properly by pouring it into a sealable container and then placing the sealed container in the trash. To recycle large amounts, such as leftovers from a catfish fry or frying a turkey, contact a local recycler by looking in the yellow pages under "Greases" or "Rendering." If you have a large amount of oil to dispose of, consider using clay cat litter. Simply mix the litter gradually into the oil until all the oil is absorbed. Then, pour the soaked cat litter into a trash bag, seal the bag, and dispose of it in your regular trash.
- Dispose of food scraps in the trash instead of the sink.
- Wipe pots, pans, and dishes with dry paper towels before rinsing or washing them, then discard the paper towels.
- Place a catch basket or screen over the sink drain when rinsing dishware or peeling and trimming food to catch small scraps that might otherwise wash down the drain. Throw the scraps in the trash.
- Rinse dishes and pans with cold water before placing them in the dishwasher. Hot water dissolves fats, oils, and grease (FOG), washing them off the dishes and down the sewer pipes. Later, as the hot water cools in the sewer, the FOG can cause clogs.

## Don't

---

- Don't use garbage disposals or food grinders. Grinding food before rinsing it down the drain doesn't remove FOG; it only makes the pieces smaller. Even food scraps that aren't

greasy can clog your home's sewer lines. Therefore, avoid putting any food down the drain.

- Don't pour cooking oil, pan drippings, bacon grease, salad dressings, or sauces down the sink, toilet, street gutters, or storm drains.
- Don't use cloth towels or rags to scrape plates or clean greasy or oily dishware. When you wash them, the grease will end up in the sewer.
- Don't wash oil and grease down the drain by running water over dishes, pans, fryers, and griddles.
- Don't flush any type of wipe down the toilet. Even flushable wipes only break into smaller pieces. This provides FOG with something to cling to, causing buildup to occur more quickly.