

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, resulting in high costs for cleanup and restoration.

Manholes can overflow into parks, yards, streets, and storm drains, allowing FOG to contaminate local waters, including drinking water. Exposure to untreated wastewater is a public-health hazard.

Following these *dos* and *don'ts* will help you and your neighbors avoid expensive sewer backups and plumbing emergencies and will help protect water quality in our community.

- **DO** recycle used cooking oil or properly dispose of it by pouring it into a sealable container and placing the sealed container in the trash. To recycle large amounts, such as what's left over 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, use clay cat litter. Mix the litter, a little at a time, into the oil. When all the oil has been absorbed, pour the cat litter into a trash bag, seal the bag dispose of it in your regular trash.
- **DO** scrape food scraps into the trash, not the sink.
- **DO** wipe pots, pans, and dishes with dry paper towels before rinsing or washing them. Then throw away the paper towels.
- **DO** place a catch basket or screen over the sink drain when rinsing dishware, or when peeling or trimming food, to catch small scraps that would otherwise be washed down the drain. Throw the scraps in the trash.
- **DO** rinse dishes and pans with cold water before putting them in the dishwasher. Hot water melts the fats, oils, and grease (FOG) off the dishes and into the sewer pipes. Later on in the sewer, the hot water will cool and FOG will clog the pipes.
- **Don't** use a garbage disposal or food grinder. Grinding food up before rinsing it down the drain does not remove FOG; it just makes the pieces smaller. Even non-greasy food scraps can plug your home's sewer lines.
- **Don't** pour cooking oil, pan drippings, bacon grease, salad dressings, or sauces down the sink or toilet, or into 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** run water over dishes, pans, fryers, and griddles to wash oil and grease down the drain.

Fun Bacon Fact: Each year in the U.S. more than 1.7 billion lbs. of bacon is consumed in food service. This would be equivalent to the weight of 8.5 nimitz class aircraft carriers.

