

F O G: Fats, Oils & Grease

From the Pan to the Can

What is FOG?

FOG refers to **f**ats, **o**ils and **g**rease that accumulate during food preparation and the clean up afterward. Sources of **FOG** include meat fats, cooking oil, food scraps, sauces, salad dressings, mayonnaise, lard, shortening, butter, cake frosting, and dairy products.

It's the No. 1 cause of sewer backups in homes!

Even a small amount of grease in your drain can cause a backup and overflow of your sewer system. This is extremely messy and unhygienic, costly to repair, and a potential threat to your health and the environment.

If it doesn't affect *your* drains, it still affects *you as a taxpayer*, because **FOG** clogs our city wastewater treatment pipes. and it costs a lot of money to have the pumps scraped clean by professionals.

What IS the Proper Way to Dispose of FOG?

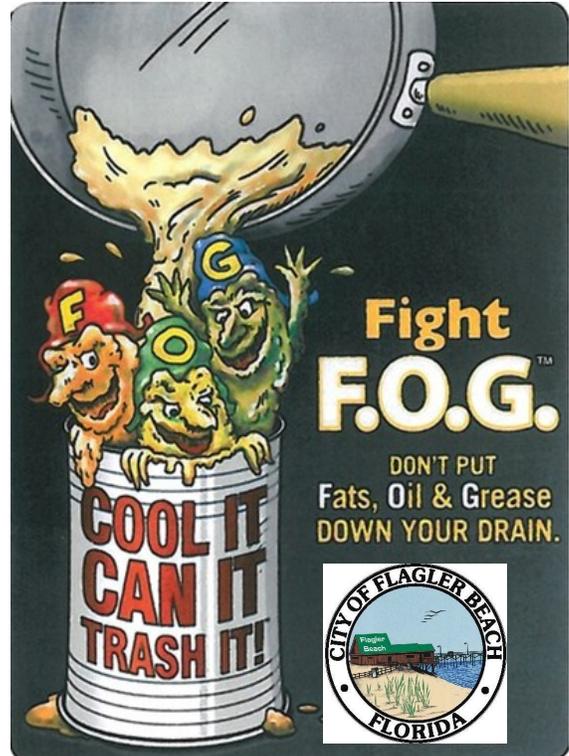
- * Scrape **FOG**gy food scraps into the garbage before loading the dishwasher or hand washing dishes.
- * Pour liquids and solids into a container with a lid. A coffee can works great for this. Freeze it if you can, then throw it in the trash on your pick-up day.
- * Spilled FOG should be cleaned up with paper towels or kitty litter and thrown away.

What SHOULDN'T I do with FOG?

Don't pour **FOG** down the kitchen sink, bathtub drain, or toilet.

Don't scrape food scraps into the sink.

Don't run water over greasy dishes.



Common Myths about FOG Disposal

It's OK to let **FOG** go down the drain if...

- I run hot water. *Not true.* The grease will cool and solidify in the pipe further down.
- I use the garbage disposal. *Not true.* It only grinds up large items into smaller sizes. The **FOG** remains.
- I chase it down with dish soap. *Not true.* Most soaps break up grease, but they lose their effectiveness, and the grease will solidify in pipes further down the line.

