

# F – O – G

Fats

Oils

Grease

## What is FOG?

**FOG** refers specifically to fats, oils and grease that enter the sewer system from homes, apartments, restaurants, industry and public facilities. Grease from cooking, gravy, cooking oil, and sauces may look harmless as a liquid, but when it cools it gets thick and sticky.

As a byproduct of cooking, FOG is usually found in:

- baking goods
- butter, lard, shortening
- cooking oil
- fats and oil from cooked meats
- food scraps
- gravy
- mayonnaise
- salad dressings
- sauces
- sour cream

When poured or washed down the drain, FOG builds up on pipe walls, restricting the flow of wastewater exiting our home's plumbing. Over time, FOG leads to blockages that results in overflows into our homes or onto our streets, down storm drains, and into local waterways, all posing a serious risk to public health.

You can help prevent a costly and unsanitary overflow by following a few simple steps:

### Do!

- Place cooled oil and grease into trash bins or covered collection containers.
- Be aware of the "hidden oils" such as salad dressings, cheese, cookies, pastries, sauces and gravies.
- Scrape food scraps from dishes into trash bins.
- Manually wipe off all visible fats, oils, grease and food residue from dishes and cookware into trash bins.
- Use a strainer in the sink to collect excess food particles.
- Clean up grease spills with absorbent material and place into trash bins.
- Encourage neighbors to help keep fats, oils and grease out of the sewer system.

### Don't!

- Don't pour oil or grease down the drain.
- Don't scrape food scraps down the drain.
- Don't pour liquid foods (syrops, batters, gravy, etc.) down the drain.
- Don't run hot water over greasy dishes, pans or fryers – it will not prevent FOG from sticking to the inside of the pipes.
- Don't use chemicals to remove grease clogs; they can damage the piping system.

Also, place a waste basket in the bathroom to dispose of solid wastes; disposable diapers, condoms and personal hygiene products do not belong in the sewer system. Do not use the toilet as a waste basket.