What is F.O.G. and why should you care?

FOG stands for Fats, Oils, and Grease. Did you know that pouring fats, oils, and grease down the drain or garbage disposal creates obstructions in underground pipes and creates serious problems like blockages and sewer overflows? In fact, FOG is one of the leading causes of sewer overflows and blockages.

When washed down the sink, grease sticks to the insides of your sewer pipe. Grease buildup can clog an entire pipeline, causing sewer overflows in your home and neighborhood resulting in high costs for cleanup and restoration. Clogged sewer pipes can also release sewage into waterways, harming the environment.

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.

Communities spend billions of dollars every year unplugging or replacing grease-blocked pipes, repairing pump stations, and cleaning up costly and illegal wastewater spills. Excessive FOG in the sewer system can affect local wastewater rates.

Here are some simple tips to help reduce F.O.G.
- Do not pour cooking oil, greasy food, dairy products, or salad dressing down the drain.
- Use strainers in the sink drains to catch food scraps and other solids.
- Do not use hot water and soap to try to wash grease down the drain. It will eventually cool and harden in the sewer lines.
- Pour cooled grease into a disposable container, cover with a tight fitting lid and place in you r garbage.
- Wipe or scrape food particles from pots, pans and dishes into the trash can prior to placing them in the sink for washing.
- Wipe excess fats and grease from pans with a dry paper towel and toss it in the garbage.

Common F.O.G. sources include:

FATS	OILS	GREASE
Raw Meat	Cooking Oil	Bacon Residue
Meat Trimmings	Salad Dressing	Chicken Broth
Poultry Skins	Vegetable Oils	Beef Stock
Butter	Cocont Oil	Gravy
Lard	Olive Oil	Mayonnaise
Cheeses	Fryer Oil	Fried Drippings
Sour Cream, milk, cream	Margarine	Soups