



FOG: Fats, Oils & Greases



Fats, oils, and greases come from common food and cooking waste from sinks and garbage disposals. Over time, the grease cools and hardens in sewer lines, which causes a buildup. This may eventually block the entire pipe, leading to raw sewage overflow.

Where does it come from?

- Meat
- Baking goods
- Butter
- Shortening
- Lard
- Cooking oils
- Food scraps
- Sauces
- Dairy Products
- Coffee grinds
- Soaps (fat based)
- Salad dressing



How to prevent build-up

- ◆ Never pour grease down sinks, drains or toilets
- ◆ Do not put grease down garbage disposals – instead, use a strainer to collect food waste
- ◆ Scrape/wipe grease and food particles into trash can
- ◆ Pour cooled grease into a disposable container and mix it with an absorbent material, then tightly lid it and dispose of it in the trash
- ◆ Wipe excess grease in pans with a dry paper towel and throw them away
- ◆ Do not use hot water and soap to wash it down – it will harden as it cools
- ◆ Commercial detergents designed for grease may just pass the grease further down the pipe

