

# Cook Smart

## Do Not Let “FOG” Clog the Drains

When byproducts of cooking such as residual fats, used cooking oils, and grease (FOG) are disposed of improperly, it can cause sewer equipment failures or line blockages that often result in a sewer spill. These are costly events to clean up, are dangerous for public health, and can degrade the water quality in our public waters.

When FOG makes it down the drain it solidifies, reducing and preventing water flow in drains and sewer pipes. This does not happen all at once; it happens gradually as the particles accumulate to form a large mass. Sewer systems are not designed nor equipped to treat the FOG that builds up inside of sewer system pipes.

There are steps that residents and guests can take to avoid the build-up of FOG in the utility system. Cooled cooking grease or fat can be poured into a milk carton, frozen juice container, or other non-recyclable container and placed in the refrigerator to harden. Once hardened, the container can be disposed of in the household trash. Cooking oil may not harden in the fridge, an alternative is soaking up the oil with disposable towels, newspapers, or cat litter before disposing of in the trash. Excess oil and grease should be wiped from dirty dishes, pans, and utensils with a disposable towel before washing. Greasy towels can be safely disposed of in the trash.

Please do your part to help prevent unnecessary equipment failures, blockages, and sewer spills.

**DON'T LET FOG ESCAPE DOWN THE DRAIN!**  
Keep **F**ats, **O**ils, and **G**rease Out of the Drain

**DO**

- ✓ Put oil & grease in collection containers
- ✓ Keep grease out of wash water
- ✓ Remove oil & grease from kitchen utensils, equipment, and food prep areas with scrapers/towels/brooms
- ✓ Place food scraps in collection containers

**DO NOT**

- ✗ Pour oil and grease down drains
- ✗ Wash fryers/griddles, pots/pans and plates with water until oil and grease are removed
- ✗ Use hot water to rinse grease off surfaces
- ✗ Put food scraps down drains

Hee hee hee!!!

FOG

VILLAGE OF BALDHEAD ISLANDS