



County of San Bernardino  
Special Districts Department  
Water and Sanitation Division

# Eliminating **F.O.G.** Fats, Oils, Grease

## Why should I be concerned with F.O.G.?

Fats, oils, grease, and other food scraps in excess cause major problems with your sewer system over time. These materials are often not soluble in water and can cause a buildup in the pipes that can potentially block the movement of liquid. A blocked pipeline can cause raw sewage to overflow into your home, yard, streets, or even water systems. The buildup of F.O.G. can have detrimental effects on the environment that pose serious health risks and can cost you money to repair.



## Store it, Don't Pour it!

- 👉 **DO drain FOG from pans into a sealable containers and throw in the garbage.**
- 👉 **DO allow FOG to harden or freeze before disposing of it.**
- 👉 **DO scrape, wipe, or absorb remaining FOG from pans before washing them.**
- 👉 **DO use a sink strainer to prevent FOG and scrap food from going down the drain.**
- 🚫 **DON'T pour FOG down sink drains or toilets.**
- 🚫 **DON'T pour FOG down the garbage disposal.**
- 🚫 **DON'T dispose of FOG outside, on the ground, or down the storm drain.**

Fats	Oils	Grease
Solid at room temperature	Liquid at room temperature	Liquid when cooking, solid when cooled
<ul style="list-style-type: none"> <li>Butter, shortening, margarine</li> <li>Peanut butter</li> <li>Meat trimmings</li> <li>Uncooked poultry skin</li> <li>Dairy: Cheese, milk, cream, sour cream, ice cream</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Oil</li> <li>Canola Oil</li> <li>Olive Oil</li> <li>Corn Oil</li> <li>Salad Dressings</li> <li>Cooking Oils</li> </ul>	<ul style="list-style-type: none"> <li>Gravy</li> <li>Mayonnaise</li> <li>Melted meat fat</li> <li>Bacon and sausage</li> <li>Boiled poultry skin</li> <li>Salad dressing</li> </ul>

Special Districts Department, Water and Sanitation Division

• 12402 Industrial Blvd., D-6, Victorville, CA 92395 • (760) 955-9885 • Toll Free: (800) 554-0565 • [specialdistricts.org](http://specialdistricts.org) •