



# ELMINATING FATS, OILS, AND GREASES

## WHY SHOULD I BE CONCERNED WITH F.O.G.?

Fats, oils, grease, and other food scraps can build up in pipes over time, causing sewage overflow. These are not soluble in water and can cause environmental harm and health risks, as well as costly repairs.

### DO...

- ✔ DRAIN FOG FROM PANS INTO SEALABLE CONTAINERS
- ✔ ALLOW FOG TO HARDEN OR FREEZE BEFORE DISPOSING OF IT
- ✔ SCRAPE, WIPE, OR ABSORB REMAINING FOG FROM PANS BEFORE WASHING THEM
- ✔ USE A SINK STRAINER TO PREVENT FOG AND SCRAP FOOD FROM GOING DOWN THE DRAIN

### DON'T...

- ✘ POUR FOG DOWN SINK DRAINS OR TOILETS
- ✘ POUR FOG DOWN THE GARBAGE DISPOSAL
- ✘ DISPOSE OF FOG OUTSIDE, ON THE GROUND, OR DOWN THE STORM DRAIN

# STORE IT, DON'T POUR IT!

FATS	OILS	GREASE
<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 dressing</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>