



Environmental Services Department

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FOG

Fats, Oils, and Grease



**Pollution Prevention
Starts in the Kitchen**

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Fats, Oils, and Grease & Pollution Prevention

What is FOG?

FOG refers to Fats, Oils, and Grease that are produced during food preparation, and kitchen cleaning activities. FOG is produced in your kitchen during normal food handling.



Common sources of FOG in your kitchen include:

- ◇ Butter, margarine, and lard
- ◇ Cooking and frying oil
- ◇ Milk, whipped cream, and ice cream
- ◇ Cheese and meat
- ◇ Nuts and cereals
- ◇ Salad dressing and gravy

What is the Problem with FOG?

When FOG is poured or washed down the drain at your house it can create problems in the plumbing, in the sanitary sewer, and at the wastewater treatment plant.

Improper handling of FOG at your house can introduce FOG into the sanitary sewer, where it forms a thick layer of solidified grease on the inside of collection pipes. Overtime, the layer of FOG restricts the flow of wastewater and can cause sanitary sewer overflows (SSO).

SSOs are a public and environmental health risk created when raw sewage flows into the street. A large SSO can lead raw sewage being transported to local creeks.



FOG is also hard to remove from the waste stream at the wastewater treatment plant, where it can adhere to the walls of treatment units and clog pumps.

How can YOU make a difference?

The expense of cleaning up problems caused by improperly handled FOG is burdensome - YOU can make a difference and help protect public and environmental health by properly disposing of FOG.

Best Management Practices in your kitchen will help you properly dispose of FOG produced at your house.

Recommended Kitchen Practices:

- ◇ Scrape off all FOG and food off dishes with a rubber scraper before washing.
- ◇ Don't pour excess or used cooking oil down the drain - store it in a covered container, and then throw it away with an absorbent.
- ◇ Wipe up greasy areas or grease spills with a paper towel and throw it away.

