



## FOG in the Sewers?

The term FOG stands for Fats, Oils, and Grease. In addition to cooking oil and cooking grease, FOG is also:

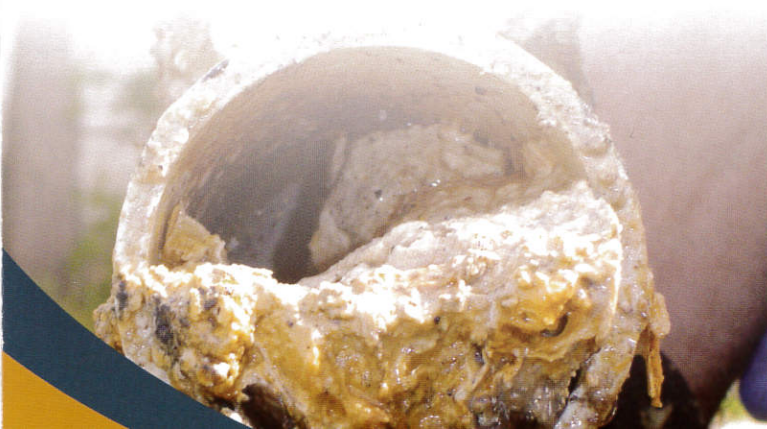
**Meat Fats • Lard • Shortening • Butter/Margarine  
Food Scraps • Dairy Products • Batters • Dressings  
Icing • Sauces**

Poured or washed down the drain into the sanitary sewer system, FOG clings to pipe walls and builds up over time, blocking the flow of wastewater exiting our homes' plumbing.

When these blockages occur, raw sewage overflows into our homes or onto our streets, down storm drains, and into local waterways, posing a serious risk to public health.

### **DID YOU KNOW...**

**More than half of all sanitary sewer blockages in Hampton Roads are related to FOG.**



## Keeping our Drains Fat Free is as Easy as 1-2-3!

1. **Can the Grease.** Pour used cooking grease into an empty, heat safe container like a soup can; freeze and toss it out with the garbage.
2. **Scrape the Plate.** Wipe pots, pans, dishes, and cooking utensils with a paper towel to absorb the grease before washing.
3. **Catch the Scraps.** Eliminate using the garbage disposal. Catch food scraps in your sink with a basket or strainer and toss them into the trash.



**Remember...** Large quantities of used cooking oil can be recycled. Simply return the oil to the original container and drop it off at your local recycling/household hazardous waste center. For a location near you, go to [www.FatFreeDrains.com](http://www.FatFreeDrains.com).

**TOGETHER** we can keep our  
sewers **FAT FREE** and healthy.