

FOG

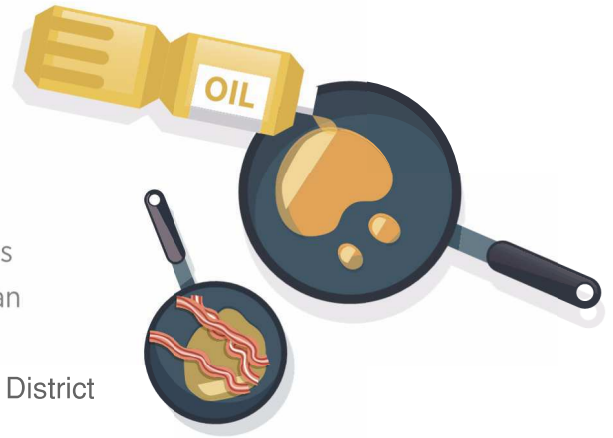
FATS, OILS, & GREASE



**NORTH MARIN
WATER DISTRICT**

What is FOG?

FOG stands for Fats, Oils, and Grease. Did you know that pouring fats, oils, and grease down the drain or garbage disposal creates obstructions in underground pipes (private and public) and creates serious problems like blockages and sewer overflows? In fact, FOG can be one of the leading causes of sewer overflows and blockages in the United States. When washed down the sink, grease sticks to sewer pipes (both on your property and in the streets). Over time, grease buildup can clog an entire pipeline, causing sewer overflows in our community. The damage from overflows could cost you and the North Marin Water District thousands of dollars in repairs.



Prevent sewer overflows with these simple tips:



- Do not pour cooking oil, greasy food, dairy products, or salad dressing down the drain.
- Use strainers in the sink drains to catch food scraps and other solids.
- Do not use hot water and soap to try to wash grease down the drain. It will eventually cool and harden in the sewer lines.
- Pour cooled grease into a disposable container, cover with a tight fitting lid and place in your freezer. Once contents are frozen, toss in the garbage.



- Mix cooking oils with absorbent material such as coffee grounds or cat litter. Place in tight lidded container and dispose of it in garbage.
- Wipe or scrape food particles from pots, pans, and dishes into the trash can prior to placing them in the sink for washing.
- Wipe excess fats and grease from pans with a dry paper towel and toss it in the garbage.