



When fats, oils, and grease cool inside pipes they can cause clogs that may lead to backups in either your home's pipes or public sewer system.

After cooking, let FOG cool in the pan. Pour the cooled FOG into a can. Cover the can with your grease lid and store it in the freezer. When the can is full, remove the lid and put the can into the trash on your regular trash collection day. Save the lid for the next time you need to dispose of FOG from your household.



### CAN THE GREASE!

Can it, Cool it, Throw it away!  
After grilling or frying Don't put fats, oils or grease down the drain.

### CAN IT!



### COOL IT!



### TRASH IT!

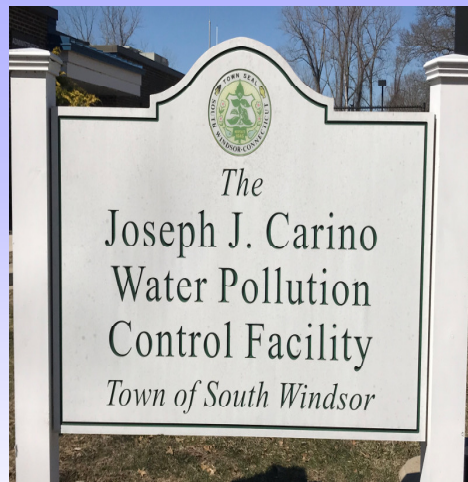


### The Origins of FOG

Most household grease is a byproduct of cooking and is usually found in:

- ◆ Cooking oil
- ◆ Sauces
- ◆ Butter and margarine
- ◆ Lard
- ◆ Food scraps
- ◆ Dairy products

**DO NOT DUMP THESE ITEMS DOWN THE DRAIN!**



**1 Vibert Road  
South Windsor, CT**

# FOG

**FATS · OILS · GREASE  
CONTAIN IT, DON'T DRAIN IT**



**TOWN OF SOUTH WINDSOR  
PUBLIC WORKS DEPARTMENT  
WATER POLLUTION CONTROL**

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## What is FOG?

FOG stands for fats, oils and grease which are the natural by-products of the cooking and food preparation process.

Where does it come from?

It comes from meat fats, lard, cooking oil, shortening, margarine, food scraps, sauces, and dairy products. FOG should never be put down any drain.



Why shouldn't FOG go down the drain?

Although fats, oils, and grease in a warm liquid may appear harmless as they flow easily down the drain, as the liquid cools, FOG solidifies and separates from other liquids and sticks to the inside of pipes on your property. Overtime, layers of FOG will build up and harden into a plug that restricts water flow resulting in a backup or sewer overflow.

**COOL IT!**



**CAN IT!**



**TRASH IT!**



## How does it affect me?

Fats, oils and grease discharged into sewers from household drains can cause major problems such as:

Raw sewage backing up into your home or your neighbor's home;

Expensive and unpleasant clean-up;

Raw sewage overflowing into parks, surface waters, yards and streets;

Potential contact with disease-causing organisms from the sewage overflow;

An increase in operation and maintenance costs and potential state regulatory fines that would increase your sewer user charge.



FOG Overload at the  
Pollution Control Facility



- The easiest way to solve the grease problem is to keep FOG out of the sewer system in the first place and this can be achieved by following the disposal methods listed below:
- Never pour fats, oils or grease down the kitchen sink.
- Scrape or pour grease and food scraps into a can (let contents cool and solidify) and dispose with your refuse.
- Wipe down greasy pots and pans using a dry paper towel and dispose of it with the trash.
- Do not use hot water to wash the grease down the drain.
- Do not use detergents that dissolve grease as the grease may pass down the pipe and solidify causing problems elsewhere.
- Avoid use of garbage disposal units as they may also contribute to blocked pipes.
- Put basket/strainers in sink drains to catch food scraps and other solids, and then empty them in the trash.
- Mix cooking oil with an absorbent material such as cat litter or coffee grounds, place in a lidded container for disposal with our trash.
- Talk to your friends about the problem with grease in the sewer system.