



A FACT SHEET FOR PROPER DISPOSAL OF FATS, OIL & GREASE

What is FOG?

Fats, oil and grease, also referred to as “FOG”, are by-products from cooking with items such as meat fats, lard, oil, shortening, butter, margarine, food scraps, baking goods, sauces, and dairy products. These are found in Food Service Establishments (FSEs) as well as residential homes.

What happens if FOG is not properly managed?

When FOG is poured down the drain, it solidifies and builds up in the pipes. Blockages from the FOG can cause back-ups in kitchens or basements, or can lead to sanitary sewer overflows. These back-ups and overflows are a health risk along with causing unpleasant odors. Back-ups are *expensive* and *unpleasant* to clean up and often must be paid for by the business/homeowner. You don't want to be the person that causes a sewer back-up in your kitchen!

What can you do?

- Never pour greasy material down floor drains, toilets or sinks not connected to a grease interceptor.
- Scrape grease and food scraps into a can or the trash for disposal.
- Use a strainer in the sink to collect excess food scraps.
- Do not rely on a garbage disposal to get rid of grease; they are not trash cans!
- Never use chemicals to remove clogs; they can damage the piping system.
- Encourage others to help keep FOG out of the sewer system.



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