

Don't Get Lost in the

# FOG

(Fats, oils & grease)



*Managing the Discharge of  
Fats, Oils, and Grease from  
Food Service Establishments*

**A little PREVENTION...**

**Can save our environment...**

Each year, there are more than 15,000 sewer overflows in North Carolina. Most of these overflows are directly related to the improper disposal of fats, oil and grease in kitchen drains. Grease congeals in sewer pipes, which causes wastewater to back into businesses, homes or directly into waterways.



**NEVER** pour fats, oils or grease down the drain.



Remove food waste by scraping or wiping plates, utensils and pots and pans before rinsing them



Only wash dishes, cookware and utensils in sinks that are connected to a grease interceptor or trap.



Do not remove drain screens that catch food, paper and plastic from going down the drain.

### What is FOG?

Did you know that FOG (fats, oils and grease) is the number one cause of sewer system blockages in our area? FOG is a semi-solid, viscous byproduct of food preparation. It can be derived from either vegetable or animal sources. Although it can be found in residential kitchens, it is of particular concern in commercial kitchens due to the large volume of fats, oils and grease used to prepare food on a daily basis.



### Why is FOG a problem?

FOG sticks to the walls of sewer pipes and builds up over time. Eventually, it can block the pipes completely, resulting in sewage backing up into basements, overflowing from manholes or discharging to local streams. FOG-related overflows can result in property damage, facility closures, health hazards, environmental damage and possibly fines.

### What are common sources of FOG?

Butter	Mayonnaise	Margarine
Cheese	Meats	Marinades
Cookies	Pastries	Used fryer oil
Gravy	Dressings	Yogurt
Ice Cream	Sauces	



### What can I do?

Follow the Grease Best Management Practices (GBMPs) and remember to **SCRAPE**:

- S** – Scrape or wipe grease into a sealable container, seal and place into trash can
- C** – Collect liquid cooking oils in an oil rendering tank
- R** – Rotate cleaning schedule among fryers and food preparation devices
- A** – Assign clean-up tasks to specific employees
- P** – Prepare foods with minimal amounts of fats, oils, and grease
- E** – Educate your employees on the importance of reducing FOG

### GBMP #1- Employee Training

Inform employees about the effects of FOG in the sanitary sewer system and reduce the amount of waste that goes down the drain by training staff to:

- ⇒ **Dry Wipe by trapping oils and grease with paper towels and dispose of them properly** – before washing or rinsing pots or dishes, wipe off cooking oil, salad dressing and sauces using paper towels and discard in designated waste containers.
- ⇒ **Trash solid foods** – like leftovers from a plate – into the garbage before placing dishes in a sink or dishwasher.
- ⇒ **Strain the drain** – placing a strainer in the sink will prevent any solids from being washed down the drain.

City staff performs inspections of businesses to ensure oil/grease separation devices are properly installed and maintained, and also to verify that BMPs are being followed according to regulations.

- ⇒ “Dry wipe” pots, pans and kitchen utensils before cleaning.
- ⇒ Do not allow oil and grease to be drained into sinks or floor drains.
- ⇒ Do not run extremely hot water to unclog drain pipes, this only pushes the problem downstream and can make it worse.
- ⇒ Use absorbents such as kitty litter or paper towels to pick up oil and grease spills before mopping.
- ⇒ Properly maintain grease traps & interceptor devices.

### GBMP #3 - Maintenance

Grease interceptors and traps need regular maintenance to be able to remove FOG properly. Maintenance record or waste hauling manifests should be filed on-site and available upon request.

- ⇒ Know where your grease interceptor is located and witness cleaning/maintenance activities to ensure it is operating properly. It is your facility that is responsible for discharge violations.
- ⇒ At a *minimum*, it is recommended that you have the grease interceptor cleaned or “pumped out” quarterly or every 90 days. For some larger facilities or those that generate a lot of grease, the grease interceptor should be cleaned monthly. **KEEP RECORDS OF CLEANING – Date, Time, Hauler or Company that cleaned, volume removed.**
- ⇒ Grease traps (under the sink units) should be cleaned weekly, however they should be checked daily to ensure that excess build-up of grease does not occur. **KEEP RECORDS OF CLEANING – Date, Time, Volume removed, person who cleaned the trap, and location grease was disposed.**