



## The Do's and Don'ts of FOG

### Introduction

Common sources of FOG include food scraps, meat fats, cooking oils, lard, baked goods, salad dressings, sauces and marinades. Recycling used cooking oil and grease from fryers and other cooking equipment keeps fats, oils, and grease (FOG) out of the sewer and storm drain systems. The used cooking oil and grease should be collected in leak proof disposable containers. Containers holding used cooking oil can be collected by the City's Hazardous Materials Division.

### Don'ts of Recycling Grease

- DON'T pour FOG into the drain.
- DON'T scrape food scraps down the drain.
- DON'T pour liquid foods (syrops, batters, gravy, etc.) down the drain.
- DON'T run hot water over greasy dishes, pans or fryers. This does not prevent FOG from sticking to the inside of the pipes.
- DON'T use chemicals to remove grease clogs; they can damage the piping system.

### Do's of Recycling Grease

- DO place cooled oil and grease that is still in liquid form into covered leak proof containers and have them collected free of charge using [Folsom's Door to Door Household Hazardous Waste program](#).
- DO be aware of oils such as salad dressing, cheese, cookies, pastries, sauces and gravies.
- DO scrape food scraps from dishes into a clear plastic or compostable bag that will be placed in the green organics bin.
- DO manually wipe off all visible fats, oils, grease and food residue from dishes and cookware into a clear plastic or compostable bag that will be placed in the green organics bin.
- DO use a strainer in the sink to collect excess food particles.
- DO clean up grease spills with paper towels or napkins and place into a clear or compostable bag that will be placed in the green waste bin.
- Do encourage neighbors to help keep fats, oils and grease out of the sewer system.