

Do Not Dump Fats, Oils, Grease (FOG)

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 and creates serious problems like blockages and sewer overflows?

When washed down the sink, fats, oils and grease stick to the insides of your sewer pipes (both on your property and in the Metro's sewer lines and lift stations). Home garbage disposals do not keep FOG out of the plumbing system. These units only shred solid material into smaller pieces and do not prevent FOG from going down the drain. Over time, grease buildup can clog an entire pipeline, causing sewer overflows in your home and neighborhood.

Where Does FOG Come From?

- Meat Fats
- Lard
- Cooking Oil
- Butter or margarine
- Food scraps
- Baking products
- Milk, ice cream, yogurt, sour cream
- Cream based sauces
- Salad dressings, cheeses, mayonnaise

How to Prevent FOG from Entering the Sewer System:

- 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 your sewer lateral or Metro sewer line.
- 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. Minimize use of the garbage disposal.
- Wipe excess fats and grease from pans with a dry paper towel and toss it in the garbage.