

# Keep Our Sewers Fat-Free!

# No FOG, No Clog!

## What Is FOG?

F.O.G. stands for Fats, Oils, and Grease. FOG comes from:

- Meat
- Lard
- Vegetable oils—including canola, olive, sesame, etc.
- Shortening
- Butter or margarine
- Food scraps
- Baked goods
- Dairy products
- Sauces

## Why Is FOG a Problem?

When fats, oils, and grease get into the sewer system, they stick to the inside of pipes. Over time, FOG will build up in the pipe and create a blockage. Here are some possible results of a FOG clog:

- Raw sewage overflowing into your home, yard, or street
- Potential contact with disease-causing organisms, including *E. coli* and *Giardia*<sup>1</sup>.
- Expensive clean-up procedures
- Increased sewer bills due to higher operation and maintenance costs to the sewer department
- Damage to the environment, including algae blooms and fish kills

## What Can You Do to Help?

It's easy to prevent FOG-related sanitary sewer backups and overflows! Try these simple steps to make a difference:

### GOOD IDEAS

- For small amounts of grease, wipe out pots and pans with a paper towel after cooking and throw the paper towel in the garbage.
- Scrape or pour grease and food scraps into a can or jar, then throw it in the garbage when it's full.
- Put a strainer into the sink drain to catch food scraps, then throw the scraps in the garbage.
- Spread the word! Speak to your friends and neighbors about FOG to increase your impact.



### NO-NOS

- Never pour grease or food scraps down the sink or into the toilet.
- Don't think a garbage disposal will get rid of FOG—disposals just move grease down the line and spread the problem!
- Don't rely on detergents that claim to dissolve grease. These products will also spread FOG through the sewer lines.

*The best way to keep FOG from creating an overflow is to not let it get into the sewer in the first place!*

## You Can Make a Difference!

Think one person can't change anything? Guess again!

FOG is the leading cause of sanitary sewer overflows, and more of it comes from houses than you might think.

A study in California found that about 78% of FOG-related sanitary sewer overflows were caused by residential areas<sup>2</sup>. What you do in your house really matters!



1. Indiana State Department of Health. "Diseases Involving Sewage." Accessed May 24, 2012. [www.in.gov/isdh/22963.htm](http://www.in.gov/isdh/22963.htm).

2. Mitchell, Terry and Brook Parker. "Fats, Oil, and Grease Program CalFOG Presentation." Presentation, California Fats, Oils, and Grease Workgroup, 26 January 2005.

## For Restaurant and Building Owners:

Keep your grease trap or interceptor running smoothly! To keep your separation device working correctly, make sure it is properly:

- **Designed**—it should be correctly sized and manufactured to handle your facility's waste
- **Installed**—the device must be well-vented, level, etc.
- **Maintained**—clean and service the trap or interceptor frequently.

Remember, never put solids into your grease trap or interceptor and keep records of maintenance!

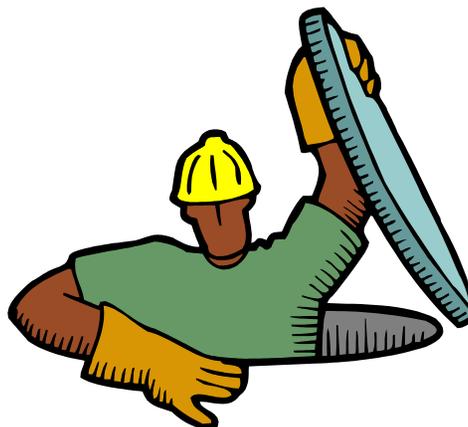


## For More Information...

For more information or questions you may have about FOG, please contact the City's Industrial Pretreatment section at:  
**(336) 883-3410**

To report a sanitary sewer overflow, contact Customer Service at (336) 883-3111. This line is open 24/7.

You can also visit the Water Environment Federation's web site at [www.wef.org](http://www.wef.org) for more general information on FOG.



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## Keep Our Sewers Fat-Free!

*Protect your health, your family,  
the environment, and your wallet  
by keeping FOG out of the sewer!*

