

# Why is Proper Disposal of FOG (Fats, Oils, and Grease) Important?

FOG refers to cooking Fats, Oils and Grease

- Cooking oil
- Baking goods
- Butter or margarine
- Meat fats
- Sauces
- Shortening
- Food scraps
- Dairy products
- Lard



- FOG sticks to the inside of sewer pipes when cooled, eventually constricting flow and blocking the entire pipe, causing sewage backups and overflows.
- A sewage overflow can potentially cause an environmental hazard.
- It's essential to ensuring that your home's plumbing and ECUA sewer lines don't get clogged.



- FOG costs sewer customers money! The cost of cleaning up sewage spills and repairs to sewer pipes leads to increased utility bills.

## What Can I Do With My FOG?

- Scrape food scraps into the trash.
- Avoid using a garbage disposal.
- Pour cooled FOG into a can or plastic bottle; dispose of it in the trash.
- Use rubber scrapers and paper towels to remove FOG from cookware.
- Use a sink strainer to catch food scraps; dispose of them in the trash.



There's More! ECUA will collect FOG for recycling into biodiesel fuel through our **Household Hazardous Waste (HHW) recycling** program. Learn more by visiting our website or by calling our Customer Service Center.



Customer Service: 850-476-0480 • [www.ecua.fl.gov](http://www.ecua.fl.gov)  
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