

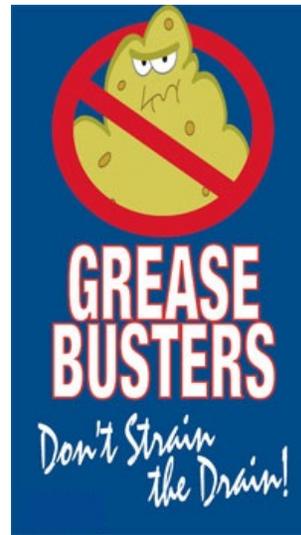
## It's a Fact-

The more food, fats, oils, and grease that we put down the drain or through the garbage disposal, the more impact they will have on our sewer lines and wastewater treatment system. So remember, if you can scrape it from your plate, don't grind it in your garbage disposal, and you will help keep the wastewater process running smoothly.

- Scrape food residues from plates, pots & pans before washing.
- Never put coffee grounds, eggshells or kitty litter down the drain or toilet.
- Use your garbage disposal sparingly.
- Put fruit & vegetables peels in the garbage.
- Collect excess fats & oils in a jar. Discard the jar in the garbage.
- Dispose of used motor oil & antifreeze through proper recycling centers.

## Scrape It, Don't Grind It!

Follow this one simple rule, and we can all help prevent expensive, unhealthy sewer backups.



**For more information on FOG or about more Grease Recycling options, please contact:**

**Montgomery  
Health Department**  
also serving the boroughs of  
**Hopewell  
Pennington  
Rocky Hill**  
**(908) 359-8211**



**Public Health**  
Prevent. Promote. Protect.

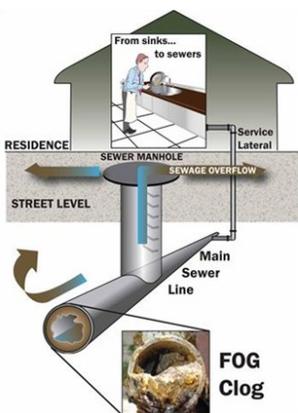
# Think at the Sink!



# Your Drain Is *Not* A Trash Can!

Proper Disposal Of Fats,  
Oils & Grease Will Help  
Keep our Environment  
Safe and Our Utility  
Costs Down

# YOUR DRAIN SAYS "NO, THANK YOU" TO FATS, OILS, and GREASE!

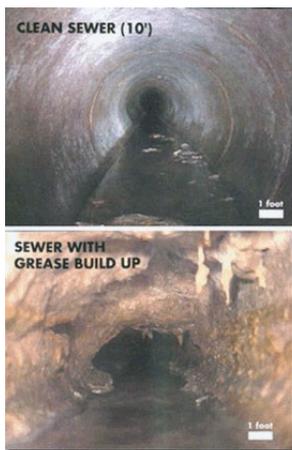


The Fats, Oils, and Grease (FOG) Brochure is designed to provide you with the tools and knowledge to help prevent clogged pipes at your home, business, or sewer backups also known as sanitary sewer overflows (SSO).

Some common FOG found in kitchens includes cooking oils, condiments such as salad dressings and sandwich spreads, meat juices, and fat. When FOG is poured down the drain and garbage disposals, it can cause blockages which can lead the sewer to back up into your home or business through sinks, drains, and toilets.

To avoid sewage blockage and increased treatment costs, the Health Department recommends placing kitchen greases in a jar and disposing of them in the trash. In addition, leftover food should never be put down the garbage disposal. Any waste that can be thrown into the garbage should always be put in the trash.

Household fats, oils, and grease can be stored in all types of containers.



The most popular storage container is a recycled steel vegetable can. However, there are many other storage ideas available; such as old coffee cans or glass jars, which have lids to keep the FOG safe from spills.

When using fryer grease, many people just let the fryer cool and then pour the grease back into the container it came in.

**KEY:**

Even the smallest amount of fat, oil, and grease will solidify and stick to sewer lines. This sticky film catches food and other solid debris washed down the sewer lines. Over time, the debris builds up until the water is completely blocked and sewage backs up.

Sewage backups can cause overflows inside homes and into the streets. Sewer overflow can create serious public health hazards and damage property. Often when an overflow occurs, the homeowner is financially responsible for clean up and sewer maintenance problems from their home to the City's main line.

Remember, "**SCRAPE IT, DON'T GRIND IT**" to avoid costly sewer blockages, repairs, and clean ups. Do your part to maintain sewer lines grease free and to keep costs down.

Fats, oils and grease (FOG) are generated during food preparation. These materials will build up in sanitary sewer lines over time.

These buildups lead to...

- **Sanitary Sewer Overflows (SSOs) which create a health risk to the public and a hazard to the environment...**
- **Increased operations and maintenance costs...**
- **And Higher Utility Bills!!!**



**Pour cold grease in a can and place it in your garbage.**

Just because you don't deep fry, doesn't mean you don't have FOG. FOG also comes from:

- Meats
- Dairy products
- Milk
- Yogurt
- Ice Cream
- Butter
- Cheese
- Mayonnaise & Salad Dressings

