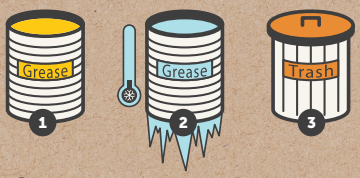
GOOD to DO

Never dispose of **fats, oils and grease** down the drain.

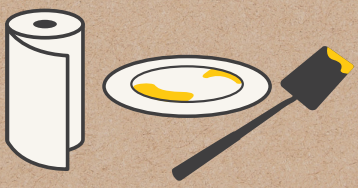
Keep your drains clog-free and healthy by practicing the following good-to-do methods:

Can the Grease



❶ Pour used cooking grease into an empty, heat-safe container, such as a soup can, and ❷ store it in the freezer. Once solidified, ❸ toss the can into the garbage.

Scrape the Plate



Wipe all pots, pans, dishes and cooking utensils with a paper towel prior to washing to absorb the grease.

Catch the Scraps

Eliminate using the garbage disposal. Catch food scraps in your sink with a basket or strainer and toss them into the trash.

Recycle

Large quantities of used cooking oil can be recycled through your local household hazardous waste program.

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GOOD to KNOW

FOG = fats oils grease

Meat Fats	Margarine	Dressings
Lard	Food Scraps	Icing
Shortening	Dairy Products	Sauces
Butter	Batters	Soups

Keep Our Sewers **FOG-Free**

Originating in our kitchens, it clogs sanitary sewer systems across Hampton Roads and is harmful to the environment. When poured or washed down the drain, FOG builds up on pipe walls, restricting the flow of wastewater from our homes. Over time, FOG leads to blockages that result in overflows into our homes or onto our streets, down storm drains, and into local waterways, all posing a serious risk to public health.

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