

# Fats, Oils & Grease

## (FOG)

Municipality of  
**Inverness**  
**County** 

## What is FOG?

Fats, oils and grease can enter the piping and plumbing of your home as well as municipal wastewater (sewer) systems – but what does it come from?

**Cooking Oils** (canola, olive, corn, etc.)

**Butter, Margarine and Shortening**

**Salad Dressing**

**Gravy**

**Food Grease** (chicken fat, bacon, sausages, etc.)

**Mayonnaise**

**Batters**

**Nut Butters** (peanut, almond, cashew, etc.)

**Heavy Cream**

Fats, oils and grease (FOG) can create serious problems for both the municipality and wastewater customers.

**When FOG is washed down the drain it cools, hardens and clogs pipes.**

Over time, this buildup blocks the flow of wastewater, leading to backups and overflows into homes, businesses and into the environment where it creates public health hazards.

FOG can create expensive and sometimes irreparable damage to critical equipment used to collect and treat wastewater.

## Disposing of FOG

### Can it

Before the FOG cools, pour it into a heat safe container.

### Scrape it

After the FOG cools, scrape it into a disposable storage container.

### Wipe it

Wipe up the excess with paper towel before washing.

### Toss it

When the container is full, simply toss it in the garbage. Larger amounts of FOG can be taken to the Kenloch Waste Management Facility (420 West Lake Ainslie Rd.), free of charge.

