



Waterford Township Department of Public Works



Fats, Oil, and Grease (FOG)

General Information

Fats

Fats typically come from meat and dairy sources but can also come from plant sources, such as nut butters. It is usually in solid form at room temperature and can be thrown directly into the trash. Placing these foods in the garbage disposal only reduces the size of the food, not the likelihood of creating a clog. If you're not sure if something has fat in it, check the nutrition label. **Unclogging Strategy:** Place fats directly in the trash can or another container to put in the trash can for proper disposal. Read the [FAQ's](#) for more ideas.

Sources

MEAT TRIMMINGS
UNCOOKED POULTRY SKIN
CHEESES
ICE CREAM
PEANUT BUTTER
BUTTER

Oils

Oil comes from plant sources such as vegetable oil, canola oil, olive oil, corn oil, etc. It may be used as a topping on food, such as salads or sandwiches or used to cook food, such as deep frying. It remains liquid at room temperature; used oil should be poured into a can or jar before disposal. If it is poured down the drain, oil can coat pipes and get into any nooks and crannies, creating a slick surface that makes it easier for fats and grease to stick to it. **Unclogging Strategy:** Pour used oil into a jar or can with a lid before placing in the trash can. Hot water and soap do not eliminate oil; it will eventually reform in pipes. Read the [FAQ's](#) for more ideas.

SOURCES:

SALAD DRESSING	CANOLA OIL
COOKING OIL	VEGETABLE OIL
OLIVE OIL	CORN OIL



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Grease

Grease occurs when fats from food melt under heat such as frying, boiling and baking, etc. Grease is deceptive because it is a liquid after cooking, but eventually cools into a solid. Pouring it down the drain means that at some point, it will cool on the pipes in the collection system, harden, and then start a clog.

Unclogging Strategy: Pour liquid grease into a grease can or other container with a lid and place in trash can once it has cooled. Running hot water over greasy cookware in the sink only pushes it into the pipes where it hardens. Read the [FAQ's](#) for more ideas.

SOURCES:
COOKED/MELTED FAT FROM MEAT
BACON/SAUSAGE
SKIN FROM BOILED POULTRY
GRAVY
MAYONNAISE
SALAD DRESSINGS