

# Don't Pour Fats, Oils, and Grease Down the Drain!

Fats, Oils and Grease (FOG) are a natural part of our food. FOG includes: cooking oils, shortening, dairy products, sauces and salad dressings. FOG blocks sewer lines and may cause overflows into your property, your neighborhood and the Bay.

Follow these tips from the City of Oakland and East Bay MUD

- Pour cooled FOG into an empty milk carton or other sturdy paper container
- Remove remaining FOG by scraping greasy pans and absorbing oil with a paper towel
- Dispose of these items in your compost cart

**To drop off large amounts of used cooking oil, or for more information about FOG, visit [www.oaklandnet.com/FOG](http://www.oaklandnet.com/FOG) or call (510) 287-1651**



## Did You Know?

Rinsing oily sauces, salad dressings and greasy foods down the drain may contribute to sewer overflows into your property, your neighborhood and the Bay.

Garbage disposals don't reduce blockages from fats, oils and grease (FOG), they only send FOG further down the line.

# Order a Free Grease Scraper...

Visit [www.oaklandnet.com/FOG](http://www.oaklandnet.com/FOG) or  
call (510) 287-1651

\*Scrape your food scraps and sauces from dishes directly into your compost cart.

Contact Waste Management of Alameda County for a compost cart at (510) 613-8710 or [csnorthbay@wm.com](mailto:csnorthbay@wm.com).

