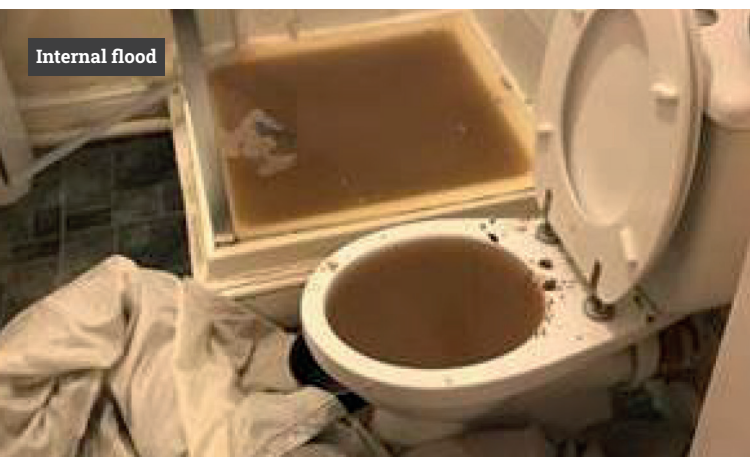


FATS, OILS AND GREASE

Facts and top tips

There are approximately 12,000 sewer blockages on average in the North East every year, many of these caused by fats, oils and grease (FOG).

FOG related blockages can result in unpleasant odours, rodent infestation, internal and external flooding, blockages and environmental pollution.



FOG and food waste are found in all kitchens. FOG is a semisolid, viscous, or liquid material generated during food preparation, cooking, and cleaning. As FOG enters the sewers it begins to cool and congeal within the pipes, forming blockages.

Sources of FOG can include, but are not limited to:

- Oils
- Dairy products
- Sauces
- Gravy
- Salad dressings
- Meats
- Starch water
- Baked goods
- Lard.

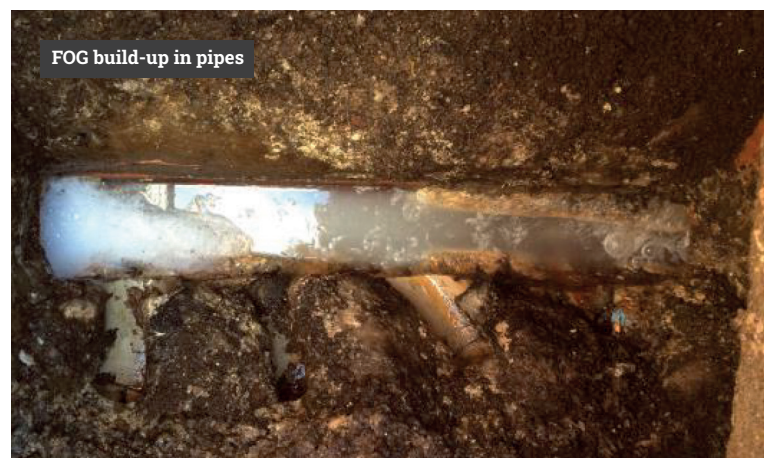
Roasting, baking, frying, grilling, sautéing, poaching, boiling and toasting are all cooking methods which can generate FOG within a kitchen.

Aside from being poured directly down the drain, FOG often enters the sewers during the washing of cutlery and utensils.

Top FOG disposal tips

- Scrape food scraps from plates and utensils into the bin
- Dry wipe plates before washing them
- Use sink strainers to keep food waste out of the drains
- Empty FOG into an old container and dispose in the bin
- Use scented nappy bags to dispose of FOG with an unpleasant smell into the bin
- Use vegetable peelings and used coffee grounds in compost.

Pouring boiling water down the drain DOES NOT prevent FOG blockages. The FOG will cool and congeal further down the line and could still cause problems to both you and your neighbours.



It is an offence under Section 111 of the Water Industry Act 1991 to discharge into the public sewers any matter which may interfere with the free flow of water.

For more information and advice you can contact our FOG Technical Advisors:

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