

Fats, Oils and Grease (FOG)

Fats, oils, and grease (FOG) are a natural by-product of cooking and preparing food. Sources of FOG include food scraps, meat fats, cooking oil, lard, baked goods, salad dressings, sauces, dairy products, shortening, butter and margarine.

Proper disposal of FOG is important. When fats, oils and grease enter the sewer system, they create build up and eventually block collection pipes and sewer lines, resulting in back-ups and overflows in the home and even on streets.

Proper FOG disposal is easy! Follow these simple rules at home to protect pipes and sewers:

- FOG should NEVER be poured down the sink, drain or garbage disposal, which is not designed to properly handle FOG.
- Before rinsing or washing cookware, dishware and utensils, scrape or wipe excess food scraps and grease into the trash. Always use a strainer in the sink to catch food scraps and empty into the trash.
- Use cool water, not hot, to RINSE dishes before hand washing or putting in the dishwasher. Hot water breaks down grease only temporarily and when it cools, it sticks to the inside of pipes and sewers.
- Pour small amounts of grease into a disposable container that can be tossed in the trash when full. Bulk oil or liquid fats should not be placed in the garbage.
- Dispose of bulk oil and liquid fats at the following locations:
 - City of West Sacramento Public Works Corporation Yard
1951 S River Road, West Sacramento
Monday to Friday 8:00am to 4:30pm.
 - Yolo County Central Landfill Household Hazardous Waste (HHW) facility.
44090 County Road 28 H, Woodland
Every Friday and Saturday 7:30am to 3:30pm.

