

Fats, Oils & Grease

Best Management Practices

What are Fats, Oils, & Grease?

Fats, Oils, and Grease are composed of animal and vegetable fats and oils that are used to cook and prepare food. FOG is a shorthand way of saying Fats, Oils, and Grease. FOG should be recycled for use in other products or properly disposed of as a solid waste.

Why is FOG a Problem?

A wastewater system is similar to the human body. Wastewater flows through pipes (arteries), is pumped at pump stations (heart) and is cleaned by the wastewater plant (kidneys).

FOG clogs the pipes in the sewer system just like cholesterol clogs arteries. This makes the pumps work harder and can cause them to fail, just like having a heart attack.

FOG can cause backups in your sewer lines that can send sewage into your restaurant or into a nearby home and that is an open invitation for disease and illnesses.

Train Your People

Train kitchen staff and other employees about how they can help ensure the Best Management Practices (BMPs) are implemented.

People are more willing to support an effort when they understand the basis for it.

Conspicuously Post No Grease Signs

Post these signs in restrooms, over sinks, near all floor drain, near all dishwashers and anywhere else where water may enter a drain to the sewer.

Signs serve as a constant reminder for staff working with FOG.

Use the Most Appropriate Water Temperature.

Use water temperature of less than 140°F in all sinks, especially the pre-rinse sink before a mechanical dishwasher.

Use a mechanical dishwasher with a minimum temperature of 160°F.

Temperatures in excess of 140°F will dissolve grease, but it can solidify in the sanitary system as the water cools.

Use the 3-Sink System

1. Use the first sink to wash plates.
2. Use the second sink to rinse plates.
3. Use the third sink to sanitize with a 50-100 ppm bleach solution.

Water temperatures in the sinks should be less than 140°F.

The system will save energy and costs as a result.

Recycle Waste Cooking Oil

There are many companies who specialize in taking waste cooking oil from fryers and other types of equipment and making animal feed or fuels, such as biodiesel from it.

Recycling reduces the amount of wastes that have to be disposed as a solid waste, and helps to prolong the life of any grease traps and interceptors.

It keeps the FOG out of the sewer system.

Dry Wipe All Pots, Pans, and Plates

Wiping the FOG and food that remain in pots, pans and dishware before washing will keep the FOG out of the grease traps and interceptors.

This will result in less frequent cleaning of the grease interceptors and traps, and result in lower maintenance costs.

Properly Dispose of Food Waste

Food should **never** be poured down a drain or into a toilet.

Recycling of food wastes is the best option for a food service establishment. Recycling of food wastes will reduce solid waste disposal costs, and the need to more frequently clean grease traps and interceptors.

There are non-profits organizations that will take food wastes to feed those who are hungry.

Witness Grease Interceptor Cleaning

Grease trap/interceptor haulers may take shortcuts. They may not completely clean the unit or only partially remove accumulated materials.

Witnessing the cleaning of the grease interceptors or traps will ensure that the food service establishment is getting full value for the cost of the cleaning.

Clean Indoor Grease Traps at Least Weekly

Under sink traps have less volume than grease interceptors.

Place recovered grease in proper disposal container. It can go in a dumpster, if it is in a closed container. **Do not** pour down any drains or in any toilets.

Clean Grease Interceptors at Least Monthly

Grease interceptors must be cleaned routinely to ensure that grease accumulation does not interfere with proper operation.

The cleaning frequency is a function of the type of establishment, the size of the interceptor, and the volume of flow discharged to the interceptor.

Routine cleaning will prevent plugging of the sewer line between the food service establishment and the sanitary sewer system.

A backup could pose a serious health risk to workers and patrons.

Keep a Maintenance Log and All Service Records

The log serves as a record of the frequency and volume of cleaning of the grease interceptor(s).

The record helps to ensure that the food service establishment is in compliance with its permit, and affords any inspector the opportunity to verify compliance. Service records verify the accuracy of the log.

The log can optimize the cleaning frequency in order to reduce costs.

Cover Grease Containers Stored Outdoors

Uncovered FOG containers can collect rainwater. Since FOG floats, the rainwater can overflow the container and flow onto the ground where it can reach the storm water system.

Any discharge to the storm water may result in polluting of local surface waters.

The discharge might also result in legal penalties being imposed on the food service establishment.

Locate Dumpsters and FOG Containers Away From Storm Drains

A release of FOG can degrade water quality in receiving streams in the area by adding biological and chemical demand to the stream.

Discharging of FOG into storm drains can also result in fines and other legal actions.

The farther away from a storm drain the FOG is stored, the more time someone has to clean up any spills.

Be aware of FOG dripping out of containers or dumpsters and clean up quickly.

Use Absorbents Around All Storm Drains

Use absorbent pads around all storm drains where dumpsters or containers are nearby.

This can present an effective barrier to prevent FOG from entering the storm drain system.

Use Absorbent Pads For All Spills

Absorbent pads can help to clean up grease and oil that is spilled on the ground near outdoor equipment, containers or dumpsters. They prevent the spills from entering the storm drain system when it rains.

DO NOT use absorbent material such as “kitty litter,” or saw dust since they can flow into the storm drains when it rains.

Routinely Clean Exhaust Hoods

If FOG escapes through the kitchen exhaust system, it can accumulate on the roof of the house or restaurant and eventually start a fire or enter the storm drain when it rains.

Do:

- Scrape excess grease in a container and dispose of it in the trash or containers specifically designated for grease.
- Place food scraps in waste containers or garbage bags for disposal along with solid wastes, or start a compost pile; promote the use of scraping ware prior to washing.
- Place a wastebasket in the bathroom for dispose of wastes.
- Disposable diapers, condoms, and personal hygiene products do not belong in the sewer system.
- Promote the use of the 3 "**R**'s":
 - **Reduce**
 - **Reuse**
 - **Recycle.**

Don't:

- Discharge fats, oil, and grease in concentrations that will cause an obstruction to the flow in a sewer, or pass through or interference at a wastewater treatment facility. FOG from cooking should not be placed in the kitchen or bathroom sinks or in the toilet.
- Discharge grease, improperly shredded garbage, animal guts or tissues, paunch manure, bones, hide, hair, fleshings, entrails, or food scraps.
- Discharge wastewater with temperatures in excess of 140°F to any grease traps. This includes water from mechanical dishwashers that have a minimum required temperature of 160°F.
- Discharge waste from a food waste disposal unit to any grease traps.
- Discharge caustics, acids, solvents, soaps, enzymes, or other emulsifying agents into sinks that feed grease traps and/or interceptors.
- Discharge fats, wax, grease or oils containing substances that will become viscous between 32°F (0°C) and 150°F (65°C).
- Utilize biological agents, chemicals, or enzymes for grease remediation without permission from the sanitary agency receiving the waste.
- Clean equipment outdoors in an area where water can flow to the gutter, storm drain, or street.
- Use the toilet as a wastebasket.

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